

Preoperative Screening Tools

This resource is part of the AAOS-ASA Pain Alleviation Toolkit, strategies for safe and effective alleviation of pain and optimal opioid stewardship. AAOS and ASA partnered to develop the toolkit, recognizing that empathic communication between the surgical team, patients, and families helps prepare patients for the pain of recovery from injury or surgery.

Pain Self-Efficacy Questionnaire – Short Form (PSEQ-2)¹

A measure of effective coping strategies

	Completely confident						Not at all confident	
“I can still accomplish most of my goals in life, despite the pain”	0	1	2	3	4	5	6	
	Completely confident						Not at all confident	
“I can live a normal lifestyle, despite the pain”	0	1	2	3	4	5	6	

**Total score between 0-12, with 12 being more adaptive. Clinicians should not look for a cutoff score, but simply discuss where there may be opportunities for better relief by becoming more resilient.*

Patient Health Questionnaire 2 (PHQ-2)²

A measure of symptoms of depression

	Not at all	Several days	More than half of the days	Nearly every day
Over the past 2 weeks, how often have you been bothered by any of the following problems?	0	1	2	3
Little interest or pleasure in doing things.	0	1	2	3
Feeling down, depressed or hopeless.	0	1	2	3

**Total score 0-6. A ‘cutoff’ score of 3 is suggested for considering additional screening and treatment for major depression, but the categories aren’t as important as the fact that symptoms of depression will lead to greater pain. Working to decrease symptoms of depression prior to discretionary/elective surgery could be helpful.*

The Screener and Opioid Assessment for Patients in Pain (SOAPP®)

Brief paper and pencil tool to facilitate assessment and planning for chronic pain patients being considered for long-term opioid treatment.

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¹ Arjan G.J. Bot, M.D., Sjoerd P.F.T. Nota, M.D., David Ring, M.D., Ph.D. The Creation of an Abbreviated Version of the PSEQ: The PSEQ-2. Psychosomatics. Volume 55, Issue 4, July–August 2014, Pages 381–385

² <https://cde.drugabuse.gov/instrument/fc216f70-be8e-ac44-e040-bb89ad433387>