



Dr R E Pope

Beneficence and Nonmaleficence
Neurosurgeon and Spine Surgeon

Title

Surname **Given Names**

Address

..... **Postcode**

Date of Birth

Occupation

Telephone H **M** **W**

Next of Kin: **Tel:**

Referring Dr

Address

.....

Private Insurance YES / NO Fund:

Membership No. Longer than 12 months? Yes / No

Medicare Number

Veterans Affairs YES / NO Gold / Blue / White No:

Work cover / Third party / Public liability (please circle one) YES / NO

Has liability been accepted for this injury? YES / NO Date of injury:

Employer Insurance Co Claim No

Contact person: Address

Tel: Fax:

Information will be held in the strictest of confidence in accordance with the Health Records and Information Privacy Act 2002 (NSW)

Dr Raoul Pope MBChB (Hons, Otago) FRACS Specialist Neurosurgeon and Spine Surgeon

The Poche Centre , Suite 8, Level 3, 40 Rocklands Rd, North Sydney NSW 2060
The Sydney Spine Institute, Suite 107/3 Railway Parade, Burwood, NSW 2134
p: 02 9911 7280 | f: 02 9954 9307 | e: info@spinesurgeon.com.au | w: www.spinesurgeon.com.au

Provider No. 2300 28DX | ABN: 55 002 611 382

Your main problem

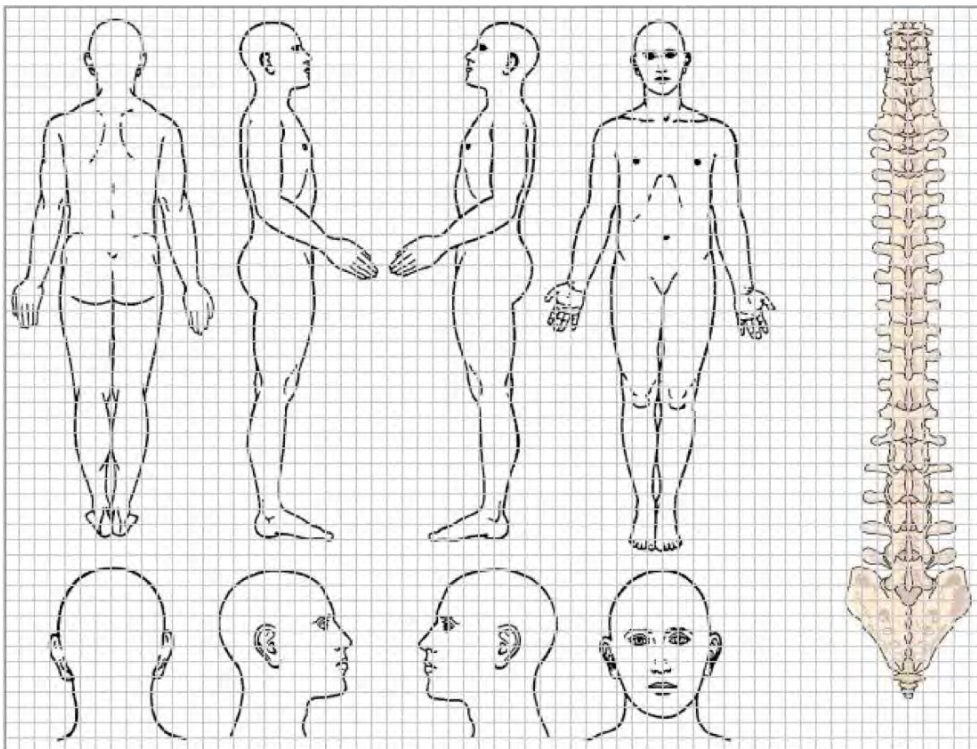
Briefly describe your problem....

.....

.....

.....

Highlight on the pictures where your problem is...



Indicate current level of pain on the following scale (circle):

No Pain 0 1 2 3 4 5 6 7 8 9 10 **Worst Pain**



Visual Analogue Score (VAS) Thoraco-Lumbar

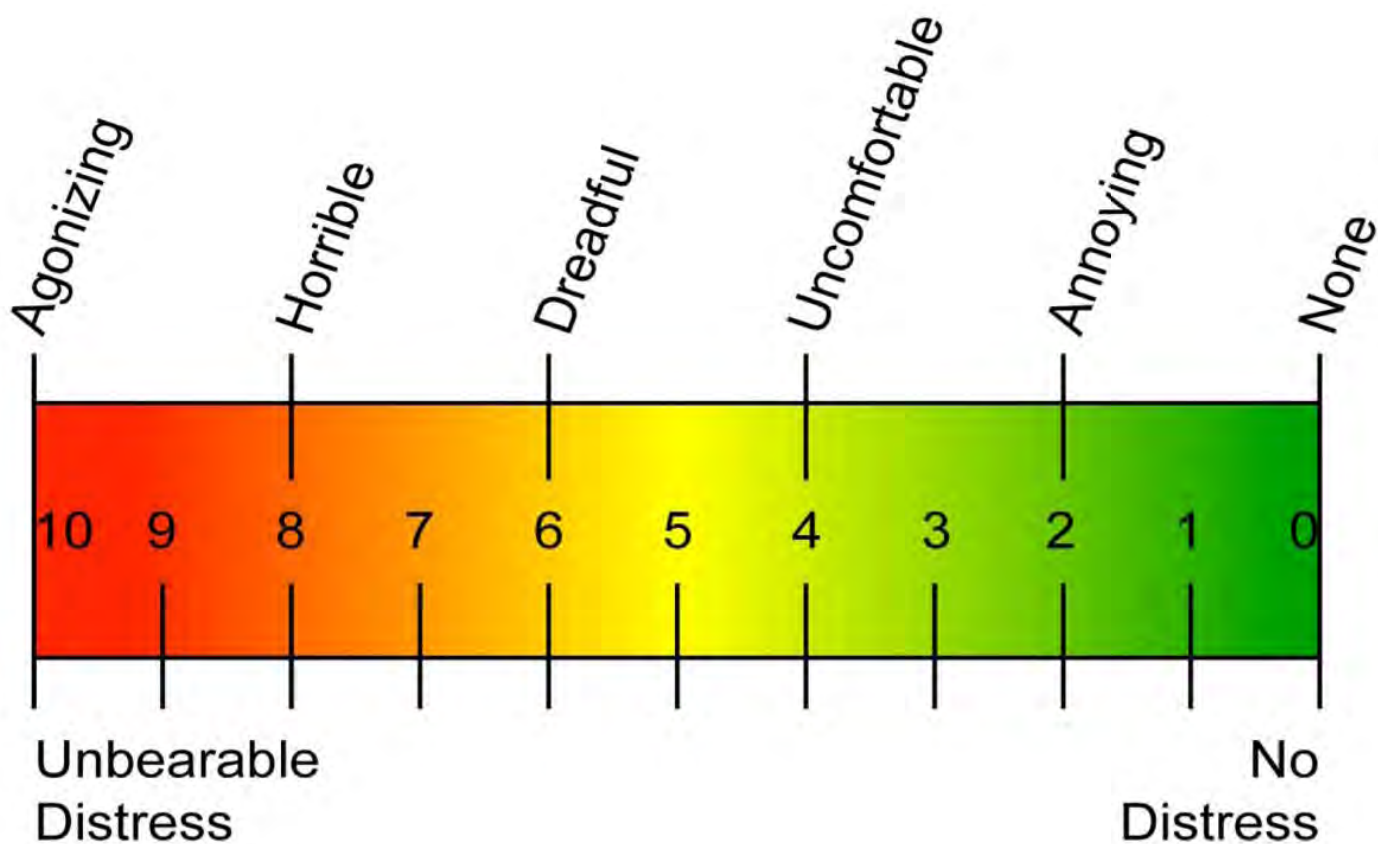
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Name: _____

Date: _____

Circle a number that corresponds to your average Leg pain



Task _____

Date _____ Start _____ End _____

Consultation type: Pre-op 6 wk 3m 6m 1y 2y

Oswestry Disability Questionnaire

This questionnaire has been designed to give us information as to how your back or leg pain is affecting your ability to manage in everyday life. Please answer by checking **one box in each section** for the statement which best applies to you. We realise you may consider that two or more statements in any one section apply but please just shade out the spot that indicates the statement **which most clearly describes your problem**.

Section 1: Pain Intensity

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is fairly severe at the moment
- The pain is very severe at the moment
- The pain is the worst imaginable at the moment

Section 2: Personal Care (eg. washing, dressing)

- I can look after myself normally without causing extra pain
- I can look after myself normally but it causes extra pain
- It is painful to look after myself and I am slow and careful
- I need some help but can manage most of my personal care
- I need help every day in most aspects of self-care
- I do not get dressed, wash with difficulty and stay in bed

Section 3: Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but it gives me extra pain
- Pain prevents me lifting heavy weights off the floor but I can manage if they are conveniently placed eg. on a table
- Pain prevents me lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
- I can only lift very light weights
- I cannot lift or carry anything

Section 4: Walking*

- Pain does not prevent me walking any distance
- Pain prevents me from walking more than 2 kilometres
- Pain prevents me from walking more than 1 kilometre
- Pain prevents me from walking more than 500 metres
- I can only walk using a stick or crutches
- I am in bed most of the time

Section 5: Sitting

- I can sit in any chair as long as I like
- I can only sit in my favourite chair as long as I like
- Pain prevents me sitting more than one hour
- Pain prevents me from sitting more than 30 minutes
- Pain prevents me from sitting more than 10 minutes
- Pain prevents me from sitting at all

Section 6: Standing

- I can stand as long as I want without extra pain
- I can stand as long as I want but it gives me extra pain
- Pain prevents me from standing for more than 1 hour
- Pain prevents me from standing for more than 30 minutes
- Pain prevents me from standing for more than 10 minutes
- Pain prevents me from standing at all

Section 7: Sleeping

- My sleep is never disturbed by pain
- My sleep is occasionally disturbed by pain
- Because of pain I have less than 6 hours sleep
- Because of pain I have less than 4 hours sleep
- Because of pain I have less than 2 hours sleep
- Pain prevents me from sleeping at all

Section 8: Sex Life (if applicable)

- My sex life is normal and causes no extra pain
- My sex life is normal but causes some extra pain
- My sex life is nearly normal but is very painful
- My sex life is severely restricted by pain
- My sex life is nearly absent because of pain
- Pain prevents any sex life at all

Section 9: Social Life

- My social life is normal and gives me no extra pain
- My social life is normal but increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests e.g. sport
- Pain has restricted my social life and I do not go out as often
- Pain has restricted my social life to my home
- I have no social life because of pain

Section 10: Travelling

- I can travel anywhere without pain
- I can travel anywhere but it gives me extra pain
- Pain is bad but I manage journeys over two hours
- Pain restricts me to journeys of less than one hour
- Pain restricts me to short necessary journeys under 30 minutes
- Pain prevents me from travelling except to receive treatment

Score: / x 100 = %

Scoring: For each section the total possible score is 5: if the first statement is marked the section score = 0, if the last statement is marked it = 5. If all ten sections are completed the score is calculated as follows:

Example: $\frac{16 \text{ (total scored)}}{50 \text{ (total possible score)}} \times 100 = 32\%$

If one section is missed or not applicable the score is calculated: $\frac{16 \text{ (total scored)}}{45 \text{ (total possible score)}} \times 100 = 35.5\%$

Minimum Detectable Change (90% confidence): 10%points (Change of less than this may be attributable to error in the measurement)

Source: Fairbank JCT & Pynsent, PB (2000) The Oswestry Disability Index. *Spine*, 25(22):2940-2953.
Davidson M & Keating J (2001) A comparison of five low back disability questionnaires: reliability and responsiveness. *Physical Therapy* 2002;82:8-24.

*Note: Distances of 1 mile, ½ mile and 100 yards have been replaced by metric distances in the Walking section.
