

## History Taking Shortcuts

For each presenting complaint be sure to gather the information below. To trigger your memory about what to ask, remember **OPQRST ABCDEF**

**O** - Onset: when it first began, mode of onset, mode of ending, initial treatment if any

**P** - Progression

**P** - Previous occurrence

**Q** - Quality of pain or discomfort

**R** - Radiation to other body parts – and

**R** - Review of any other related or concurrent symptoms

**S** - Site of discomfort or pain

**S** - Setting under which symptoms occur

**S** - Severity

**T** - Timing

**A** - Associated symptoms

**B** - Better with – relief obtained by what activities, positions, treatments or lifestyle factors

**C** - Contributing factors to worsening of symptoms

**D** - Duration

**E** - Effect on day to day activities

**F** - Frequency

## How to Take a Pain History

If the presenting complaint is pain (most types of pain e.g. chest, abdominal, back, extremity etc.) the main points to elicit can easily be remembered using the mnemonic 'SOCRATES'.

**S** - Site

**O** - Onset

**C** - Character

**R** - Radiation

**A** - Associations

**T** - Timing

**E** - Exacerbating & relieving factors

**S** - Severity