



PASTOR
PAIN ASSESSMENT SCREENING TOOL
AND OUTCOMES REGISTRY

You're scheduled for an appointment in the Pain Medicine Center. Please complete your PASTOR assessment prior to your appointment.

Log in from a computer, tablet, or smartphone:

- 1) Go to website that was emailed to you from the PASTOR Coordinator.
- 2) Enter your email address and your temporary password which has been set to your month and year of birth in the format MMYYYY (ex. June 1980 would be 061980).
- 3) If you did not receive this information please email usn.sandiego.navmedcensanca.mbx.nmcspd-frppainclinic@mail.mil or call **(619) 886-1962**

What is PASTOR?

PASTOR is an online pain assessment questionnaire that improves your Pain Provider's comprehension of your experience of pain. PASTOR also helps you and your provider determine if your pain management treatments are resulting in progress toward your treatment goals.

Why do I need to complete the online questionnaire?

This online assessment replaces the paper questionnaire packet that was being used in the past, and can be conveniently completed prior to your clinic appointment. This new version creates a visually comprehensive report that becomes part of your electronic health record, and documents your pain concerns and health status.

For questions or other technical issues on the PASTOR assessment, please contact the Survey Coordinator:

Monday-Friday 0700 - 1530

Phone: (619) 886-1962

Or email:

usn.sandiego.navmedcensanca.mbx.nmcspd-frppainclinic@mail.mil

To cancel or reschedule Pain Clinic appointments, please contact the **Front Desk: (619) 532-8937**



**Navy Medical Center San Diego
Pain Medicine Center**

34800 Bob Wilson Drive
Building 1 4th Floor 4 North
San Diego, CA 92123

Clinic Hours

Monday-Friday 0700 - 1530

Closed on Federal Holidays

Failure to complete this assessment will result in the rescheduling or cancelling of your Pain Clinic appointment.

How does PASTOR work?

PASTOR is a tailored measurement tool, which means that the questions are individualized for each patient. Each time you answer a question, your answer will determine which questions will be asked next. The result is that you will not be asked questions that do not relate to you, so the time required to complete the questionnaire will be kept to a minimum.

How do I benefit?

PASTOR records your progress and follows you throughout the duration of your treatment. It compares your symptoms against the US population to see how well you are doing before, during, and after treatment. Best of all, you will be able to see if you are making progress toward your treatment goals!

Tips

- ✓ Any answers that have a text bar must be typed in.
- ✓ If you lose connectivity while taking the assessment, do not panic! PASTOR will save your answers. Simply refresh the webpage and log back in using the same credentials. The questionnaire will resume where you last left off.

How does my Pain Provider benefit?

As you complete your baseline and follow-up assessments, your provider gets a comprehensive overview of your pain story. This is an integral tool in determining your treatment plan.

- ✓ If you are still experiencing technical issues, please contact Survey Coordinator:
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Phone: (619) 886-1962

Or email:

usn.san-diego.navmedcensanca.mbx.nmcsl-frppainclinic@mail.mil

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FOOD SENSITIVE, HIPAA PATIENT CONFIDENTIAL

Screening Area	Result	Notes
Psychological Pain Medication	Negative Screen	
PTSD	Patient indicates concerns about PTSD.	
Alcohol Concern	Negative Screen	
Depression	Negative Screen	
Anxiety	Negative Screen	
Neuropathic Pain Screen	Patient indicates concerns about Neuropathic Pain.	

Type of Treatment (examples)	When it was used	Effectiveness
Exercise, physical therapy or occupational therapy	Currently	Worse
Other physical treatments (heat, massage, TENS)	Never	N/A
Behavioral treatment (CBT, relaxation, distraction)	Never	N/A
Muscle relaxants (cyclobenzaprine, methocarbamol, diazepam, etc.)	Currently	No
Non-steroidal anti-inflammatory medication (ibuprofen) and/or acetaminophen (Tylenol, etc.)	Currently	No
Neuropathic pain medications (gabapentin, nortriptyline, duloxetine, etc.)	Never	N/A
Complementary and integrative therapies (acupuncture, yoga, etc.)	Never	N/A
Opioid medications (oxycodone, morphine)	Currently	No
Injection therapies (epidural steroid or joint injections, etc.)	Never	N/A
Orthopedic or neurosurgical surgeries (spinal fusion, arthroscopic joint surgeries, joint replacement, etc.)	Never	N/A