GeoPain Metrics (v2.0)

Pain

Location & Intensity	2000+ discrete locations over the body identifiable by 54 macro and micro regions. (ex. Body, Trunk, Left Foot, Mouth, ...)
N.R.S.	Standard numerical rating score (0-10) with F.A.C.E.S.
Diary	Plain text field allows patients to share additional nuances of their pain or how it is impacting their lives.

Descriptors
Can be set per region on the 3D body.

aching	burning	chilling	cramping
exploding	electric	gnawing	heavy
itching	massive	numbness	pounding
pressure	prickling	sharp	shooting
splitting	stabbing	tender	throbbing
tingling			

Symptoms *(mild, moderate, severe, critical)*

ache	acid reflux	anxiety	aura
bloated	blurred vision	burning	chills
clumsy	confusion	constipation	cough
cramp	deformity	depression	diarrhea
difficulty breathing	difficulty sleeping	dizziness	dryness
fatigue	fever	gassy	grind teeth
growth	headaches	heat	incontinence
instability	irritable	itchy	joint click
lightheaded	light sensitivity	loss smell	loss taste

nausea	numbness	paralysis	pressure
prickling	rash	redness	runny nose
slurred speech	soreness	sores	sound sensitivity
spasms	stiffness	swelling	tearing
tender	thirst	tingling	tinnitus
vomiting	weakness		

Triggers *(yes/no)*

alcohol	allergies	anxiety	caffeine
chewing	cold	defecation	dehydration
food	heat	hunger	Illicit drugs
laying	lifting	light	movement
odors	period	pressure	sitting
smoke	sound	standing	stress
talking	touch	urination	weather

Function *(mild, moderate, severe, critical)*

work	exercise	concentrate	social	memory
self care	move around	sleep		

Sleep

0-4 Scales	overall quality	trouble falling asleep	feel well rested	
Disruptors (yes/no)	used bathroom	trouble breathing	too hot	too cold

	noise	stress	bad dream	pain
	snore			
Took medication to sleep (yes/no)				

Mood

hopeless	frustrated	comfortable	optimistic	

Treatment Methods

Users can enter a specific treatment name and description in addition to the following categorization. For medications the dosage is also provided.

Medication	oral	tropical	injection
	nasal	ear	eye
	rectal	smoking	
Procedure	surgery	stimulation	massage
	therapy		
Self Care	exercise	stretching	rest
	meditation	hot/cold	social

Profile/Account

All personal information is optional and a user may choose any values they like including the option to remain "anonymous".

Full Name	Date of Birth	Sex at Birth	3D Avatar	Diagnosis
Pain Duration	Pain Frequency	Email		