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Chapter II-

Dealing with Pain

Part 3



## Dialogue One

### Patient in Pain

- Good Afternoon, Kate. Come in and have a seat.
- **Thank you, Doctor Pearson.**
- What can I do for you today?
- **I have been in a lot of pain recently, Doctor.**
- Can you tell me a bit more about this pain? Where do you get it?
- **In my back.**
- Where about in your back?
- **In my lower back.**
- What is the pain like? Can you describe it to me?
- **It's quite dull and stabbing. I also get a burning sensation at times.**
- How bad is the pain?
- **Quite bad.**
- On a scale from 0 to 10, with zero being no pain at all and 10 being the worst pain possible, where would you rate your pain?
- **Well it's difficult to say. 8...?**
- So it's quite severe. Tell me Kate, how long have you had this pain?
- **For a few days now.**
- Do you remember what you were doing when the pain started?
- **Nothing special.**

- Don't you have any idea what might have caused it?
- Not really. I was just getting dressed and all of sudden it came on.
- Were you in a particular position when it came on?
- I think I was bending to put on my boots.
- I see. Does the pain go anywhere else?
- Yes. It seems to be going down my left leg.
- Does anything make it worse?
- When I walk or remain seated for too long.
- Does anything make the pain better?
- Yes. When I lie down, it seems to relieve it for a while.
- Does the pain stop you from walking?
- Yes. I feel I cannot walk as far as I used to. I need to take a break and sit down.
- Does the pain keep you awake at night?
- Yes. Last night, I was in so much pain that I could not find the right position to fall asleep.
- I see. Do you have any other signs or symptoms associated with the pain? Like any particular sensation in your back?
- Now you mention it, yes, I have a strange feeling down my back, like a ball or something round.
- Mm-hm. And how often do you get the pain?
- Every day now...and every night. It even wakes me up.
- And how long does the pain last when you get it?
- It can last for hours before it calms down.
- Do you take anything to relieve the pain?
- I take Paracetamol but it does not seem to be working that well.
- Have had the pain before?
- Yes, when I moved in a couple of months ago. I was carrying this heavy box and all of sudden I could feel a shooting pain down my back. It was agonizing. I had to lie down. But after a while, I still could not walk. I had a doctor come. He gave me some drugs and it went away. But this time, I do not seem to have done anything special, Doctor Pearson.
- Unfortunately, Kate, you probably damaged one of your discs on that day and now it is still delicate. So, when you bend too rapidly or too long, you run the risk of triggering the same pain. I going to give you some analgesics, better than Paracetamol. But before that, I'm going to have to examine you. Could you get undressed and hop on the examining table for me, please.