

GeoPain Metrics (v1.5)

Pain

Location & Intensity	2000+ discrete locations over 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 allowing patient to share additional nuances of their pain or how it is impacting their lives.

Symptoms

Acid Reflux	Anxiety	Aura	Bloated
Blurred Vision	Confusion	Constipation	Depression
Diarrhea	Dizziness	Fatigue	Gassy
Headaches	Heat	Irritable	Nausea
Numbness	Ringing in Ears	Slurred Speech	Spasms
Stiffness	Swelling	Tingling	Weakness

Triggers

Alcohol	Allergies	Anxiety	Caffeine
Chewing	Cold	Defecation	Dehydration
Food	Heat	Heavy Lifting	Hunger
Illicit Drugs	Laying Down	Light	Menstruation
Movement	Odors	Pressure	Sitting
Smoke	Sounds	Standing	Stress
Talking	Touch	Urination	Weather

Function

Focus	Work	Sleep	Social Activity	Exercise
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Treatment Methods

Cannabis	Cold	Diet	Exercise
Heat	Massage	Medication	Meditation
Rest	Social	Stimulation	Stretching
Supplement	Surgery	Therapy	

Treatment Detail Options

Duration	Track in minutes, hours, days
Distance	Track in miles or kilometers
Dosage	Track count of dose and size in mcg, mg, mL, oz