**Donovan SCI Pain Classification System:**

Adapted from Donovan WH et al. Neurophysiological approaches to chronic pain following spinal cord injury, Paraplegia, 20:135-146, 1982; Table 1. Used with permission from Nature Publishing Group.

The table below presents the descriptors or parameters for 5 different patients with each type of pain (examples for each category shown). The filled in boxes below are examples specific to these patients only; they do not represent the range of factors that could account for the categories.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Pain Type** | **Time of Onset Post Injury** | **Character** | **Duration** | **Aggravating factors** | **Diminishing factors** | **Possible causative factors** |
| Segmental nerve Cauda Equina | Days to weeks | Burning Stabbing | Seconds | Rest | Activity | Slow fibre conduction from skin |
| Spinal Cord | Weeks to months | Tingling Numbness | Constant | Activity | Rest | All fibre conduction within cord |
| Visceral | Weeks to months | Burning | Constant | Variable | Variable | Slow fibre conduction from viscera |
| Mechanical | Weeks to months | Dull  Aching | Variable | Activity | Rest | Slow fibre conduction from muscles or ligaments |
| Psychic | Variable | Variable | Variable | Variable | Variable | Preoccupation with unpleasant environmental stimuli |

Donovan SCI Pain Classification System Worksheet:

Patient name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Pain Type** | **Time of Onset Post Injury** | **Character** | **Duration** | **Aggravating factors** | **Diminishing factors** | **Possible causative factors** |
| Segmental nerve Cauda Equina |  |  |  |  |  |  |
| Spinal Cord |  |  |  |  |  |  |
| Visceral |  |  |  |  |  |  |
| Mechanical |  |  |  |  |  |  |
| Psychic |  |  |  |  |  |  |