



Welcome to the TSN Recovery Assessment

This assessment is designed for patients who are recovering from a traumatic injury. The questions are meant to help you understand your strengths and resources, as well as to help you identify potential problems or challenges you may face in your recovery.

The Recovery Assessment is not intended to replace the advice and diagnosis of your medical care providers. Contact your physician or other qualified health provider with any questions you may have.

Recovery Assessment

Pain

1. Please rate your pain by touching the number that best describes your pain on average.

0 1 2 3 4 5 6 7 8 9 10

No Pain Pain as bad as you can imagine

Depression	Not at all	Several days	More than half the days	Nearly Every Day
2. Little interest or pleasure in doing things	0	1	2	3
3. Feeling down, depressed, or hopeless	0	1	2	3
4. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
5. Feeling tired or having little energy	0	1	2	3
6. Poor appetite or overeating	0	1	2	3
7. Feeling bad about yourself- or that you are a failure or having let yourself or your family down	0	1	2	3
8. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
9. Moving or speaking so slowly that other people could have noticed Or the opposite- being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
10. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3
11. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
	0	1	2	3

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PTSD	Not At All	A little Bit	Moderately	Quite A Bit	Extremely
12. Repeated, disturbing memories, thoughts, or images of the stressful experience.	0	1	2	3	4
13. Repeated, disturbing dreams of the stressful experience?	0	1	2	3	4
14. Suddenly acting or feeling as if the stressful experience were happening again (as if you were reliving it)?	0	1	2	3	4
15. Feeling very upset when something reminded you of the stressful experience?	0	1	2	3	4
16. Having physical reactions (e.g. heart pounding, trouble breathing, or sweating) when something reminded you of the stressful experience?	0	1	2	3	4
17. Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it?	0	1	2	3	4
18. Avoid activities or situations because they remind you of the stressful experience?	0	1	2	3	4
19. Trouble remembering important parts of the stressful experience?	0	1	2	3	4
20. Loss of interest in things that you used to enjoy?	0	1	2	3	4
21. Feeling distant or cut off from other people?	0	1	2	3	4
22. Feeling emotionally numb or being unable to have loving feelings for those close to you?	0	1	2	3	4
23. Feeling as if your future will somehow be cut short?	0	1	2	3	4
24. Trouble falling or staying asleep?	0	1	2	3	4
25. Feeling irritable or having angry outbursts?	0	1	2	3	4
26. Having difficulty concentrating?	0	1	2	3	4
27. Being “super alert” or watchful or on guard?	0	1	2	3	4
28. Feeling jumpy or easily startled?	0	1	2	3	4

Alcohol Use

29. Do you sometimes drink beer, wine, or other alcoholic beverages?

Yes

No

30. If yes, how many times in the past year have you had?

i. 5 or more drinks in a day? (men)

ii. 4 or more drinks in a day? (women)

Tobacco Use

31. Do you use tobacco?

Yes

No

Resilience

32. I am able to adapt to change

- not true at all (0)
- rarely true (1)
- sometimes true (2)
- often true (3)
- true nearly all of the time (4).

33. I tend to bounce back after illness or hardship

- not true at all (0)
- rarely true (1)
- sometimes true (2)
- often true (3)
- true nearly all of the time (4).

Post Traumatic Adjustment Scale

This questionnaire asks you questions that relate to factors that occurred before, during or after the event that caused your injuries. Circle the response that best describes how much you agree with the following statements.					
	Not at all	To a small extent	To a moderate extent	To a large extent	Totally
37. I have needed professional help to deal with emotional problems in the past	0	1	2	3	4
38. Previously traumatic events have impacted negatively on my life in the past (e.g., assault, sexual abuse, previous combat duty, natural disasters, witnessing traumatic events).	0	1	2	3	4
39. In the past I was able to talk about my thoughts and feelings with my family members or friends.	0	1	2	3	4
40. In the past I was satisfied with the support that I had from my friends and family.	0	1	2	3	4
41. At the time of the event, I felt terrified, helpless or horrified.	0	1	2	3	4
42. During the event, I thought I was about to die.	0	1	2	3	4
43. I have felt irritable or angry since the event.	0	1	2	3	4
44. I have found it difficult to concentrate on what I was doing or things going on around me since the event.	0	1	2	3	4
45. I am confident that I can deal with the financial stressors that may arise as a consequence of being injured.	0	1	2	3	4
46. I can accept what happened to me.	0	1	2	3	4

Recovery Assessment

Pain	Low: No pain; High: Severe Pain
Average: 0-4	Your level of pain is in the mild range. If you believe your pain is interfering with your recovery speak with your health care provider.
Moderate: 5-6	Your level of pain is in the moderate range. This pain may interfere with your recovery. You should speak to your physician about improving your pain management.
Severe: 7-10	Your level of pain is in the severe range. You need to speak with your doctor to develop a more effective pain management

Depression	
Anchors	Low: No Symptoms; High: Severe Symptoms
Total: 0-4	You do not report many significant symptoms of depression. It is good to know the signs of depression so you can recognize it if you or others experience it in the future.
Total: 5-9	Based on your responses, it looks as if you're experiencing only minimal depressive symptoms. Continued support from your family and friends can help. However, if your mood worsens, then it may be important to contact your doctor or get in touch with a mental health professional so that you can get the treatment you need.
Total: 10-14	Based on your responses, you may be experiencing minor or mild depressive symptoms. You may find it helpful to speak with your doctor about treatment options like psychotherapy or medications that can elevate your mood and get you back on track. Continued support from your family and friends can also help.
Total: 15-19	Based on your responses, you may be experiencing symptoms consistent with moderate depression. You will likely benefit from speaking with your doctor about treatment options like psychotherapy or medications that can improve your mood and get you back on track. Remember, talking with family and friends can also help.
Total: > 20	Based on your responses, you are experiencing a significant level of depression and are likely experiencing considerable distress. It is important to speak with your doctor about treatment options like psychotherapy and medication that are likely to benefit you. Research has shown that, when used together, this is the most effective treatment to address depression. If you believe you are at risk for suicide, dial "911" or go immediately to the nearest hospital Emergency Room for an evaluation or call 1-800-273-TALK (1-800-273-8255).

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PTSD	Low: No Symptoms; High: Severe Symptoms
Total: 0-20	Your results indicate that you have few or no symptoms of PTSD. However it is good to know the signs of PTSD so you can recognize it if you or others experience it in the future.
Total: 21-29	Your results are consistent with minimal symptoms of PTSD. If these symptoms are distressing to you or are distracting you at work, or home, you may benefit from seeing your physician or a qualified mental health professional for a complete evaluation, as soon as practical. Although many people cope well with symptoms like yours, effective treatments for PTSD are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.
Total: 30-49	Your results are consistent with many of the symptoms of PTSD. You are advised to see your physician or a qualified mental health professional immediately for a complete assessment. Although many individuals cope well with symptoms like yours, effective treatments for PTSD are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.
Total: 50+	Your results are consistent with a diagnosis of PTSD. You need to see your physician or a qualified mental health professional immediately for a complete assessment. Effective treatments for PTSD are available to help reduce your symptoms and improve your quality of life. A physician or mental health professional can advise you about different treatment alternatives.

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Alcohol Use	Low: Low risk; High: High risk
If 0 or no:	Alcohol use is not a problem for you. To avoid alcohol problems, stay within these drinking limits: -Men: no more than 4 drinks in a day AND no more than 14 drinks in a week. -Women: no more than 3 drinks in a day AND no more than 7 drinks in a week.
If > 0:	Your alcohol use suggests that you may be an at-risk drinker. Talk to your health care provider about your drinking pattern and if it might slow your recovery.

Tobacco Use	Low: Low risk; High: High risk
If Yes:	Quitting tobacco use is one of the best things you can do to protect your health now and in the future. It is especially important for you to do now because it can interfere with injury healing. Discuss this issue with your health care team for more information on quitting.
If > 0:	Tobacco use is not a problem for you. Avoiding the use of tobacco is important in protecting your health now and in the future.

CD-RISC (Resilience)	Low: Low; High: High
Total: 0-5	Resilience is your ability to deal with change and bounce back. Your responses suggest that your resilience level is low right now. Support from your family and friends can help. You would also benefit from joining in TSN support groups and working with the TSN coordinator to improve your ability to bounce back.
Total: 6-7	Resilience is your ability to deal with change and bounce back. Your responses suggest that your resilience level is similar to most people. You may still benefit from joining in TSN support groups and working with the TSN coordinator to improve your ability to bounce back.
Total: 7+	Resilience is your ability to deal with change and bounce back. Your responses suggest that your resilience level is higher than most people. Your ability to bounce back may help you with your recovery.

Recovery Assessment

Personal Resources	Low: Few Resources; High: Many Resources
0/3 or 1/3 positive answers	There are many things that can help with your recovery. Some of these things are your confidence in your ability to recover, your social support, and your financial resources. Your results suggest that you could use extra help in these areas. You would benefit from joining in TSN support groups and working with the TSN coordinator to find extra resources to help your recovery. It is key that you get the help you need to have a good recovery.
2/3 positive answers	There are many things that can help with your recovery. Some of these things are your confidence in your ability to recover, your social support, and your financial resources. You have good levels of these resources in some areas and are low in one. You may benefit from joining in TSN support groups and working with the TSN coordinator to find extra resources to help your recovery.
3/3 positive answers	There are many things that can help with your recovery. Your confidence in your ability to recover, your social support, and your financial resources are strong.

Question 34	An answer of “always/usually” = has social support
Question 35	A score of 7 or greater = certain patient will return to UMA
Question 36	A score of 7 or greater = certain patient can manage financial challenges