

## PQRSTU: What's the story?

Use the PQRSTU mnemonic device to fully explore your patient's chief complaint. When you ask the questions below, you'll encourage him to describe his symptoms in greater detail.

	Ask the patient:
<b>O-Onset</b>	<ul style="list-style-type: none"> <li>• When did this start?</li> <li>• Was the onset sudden or gradual?</li> <li>• What were you doing when it started?</li> </ul>
<b>P- Precipitating Factors - Provocative or Palliative</b>	<ul style="list-style-type: none"> <li>• What provokes or relieves the symptoms?</li> <li>• Do stress, anger, certain physical positions, or other factors trigger the symptom?</li> <li>• What makes the symptom worsen or subside?</li> </ul>
<b>Q- Quality or Quantity</b>	<ul style="list-style-type: none"> <li>• What does the symptom feel like, look like, or sound like?</li> <li>• Are you having the symptom right now? If so, is it more or less severe than usual?</li> <li>• To what degree does the symptom affect your normal activities?</li> </ul>
<b>R- Region or Radiation</b>	<ul style="list-style-type: none"> <li>• Where in the body does the symptom occur?</li> <li>• Does the symptom appear in other regions: If so, where?</li> </ul>
<b>S- Severity of symptoms</b>	<ul style="list-style-type: none"> <li>• How severe is the symptom? How would you rate it on a scale of 0-10 with 10 being the most severe?</li> <li>• Does the symptom seem to be diminishing, intensifying, or staying the same?</li> </ul>
<b>T- Timing / Pattern</b>	<ul style="list-style-type: none"> <li>• When does the symptom appear?</li> <li>• How often does the symptom occur?</li> <li>• How long does the symptom last?</li> </ul>
<b>U- Understanding</b>	<ul style="list-style-type: none"> <li>• What do you think caused the symptom?</li> <li>• How do you feel about the symptom? Do you have fears associated with it?</li> <li>• What are your expectations of the health care team?</li> </ul>
<b>V- Value</b>	<ul style="list-style-type: none"> <li>• What does the condition mean to you?</li> <li>• How is the symptom affecting your life?</li> </ul>

Adapted from Nursing Made Incredibly Easy