



#### **Pain Assessment Scales**

The National Initiative on Pain Control<sup>TM</sup> (NIPC<sup>TM</sup>) has provided these diagnostic tools to assist you in assessing the severity and quality of pain experienced by your patients. We suggest that you produce multiple photocopies so that you may obtain written feedback to place in the patient's history file.

### Wong-Baker FACES Pain Rating Scale

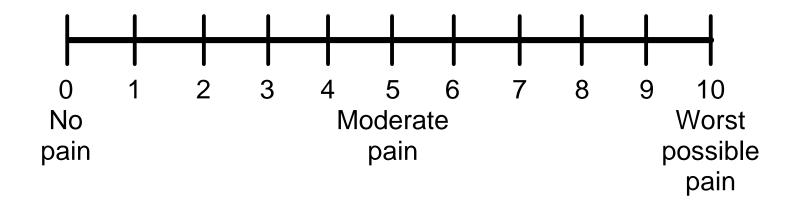


Explain to the person that each face is for a person who feels happy because he has no pain (hurt) or sad because he has some or a lot of pain. Face 0 is very happy because he doesn't hurt at all. Face 1 hurts just a little bit. Face 2 hurts a little more. Face 3 hurts even more. Face 4 hurts a whole lot. Face 5 hurts as much as you can image, although you don't have to be crying to feel this bad. Ask the person to choose the face that best describes how he is feeling.

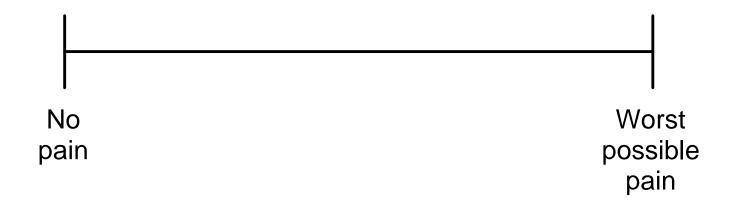
Rating scale is recommended for persons age 3 years and older.

**Brief word instructions:** Point to each face using the words to describe the pain intensity. Ask the child to choose face that best describes own pain and record the appropriate number.

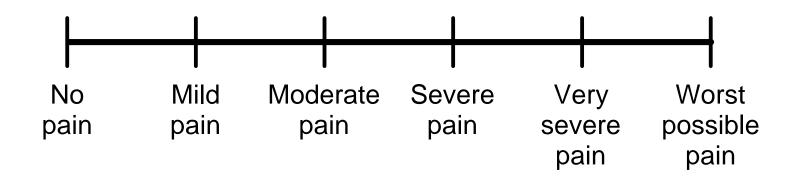
# 0-10 Numeric Pain Rating Scale



# **Visual Analog Scale**

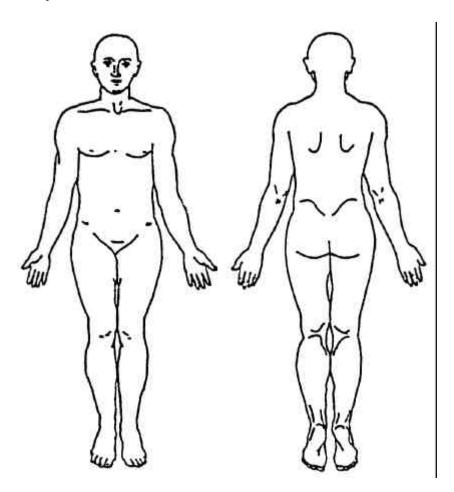


## **Verbal Pain Intensity Scale**



#### Where is Your Pain?

Please mark, on the drawings below, the areas where you feel pain. Write "E" if external or "I" if internal near the areas which you mark. Write "EI" if both external and internal.



## **Neuropathy Pain Scale**

*Instructions:* There are several different aspects of pain which we are interested in measuring: pain **sharpness**, **heat/cold**, **dullness**, **intensity**, overall **unpleasantness**, and **surface vs deep** pain.

The distinction between these aspects of pain might be clearer if you think of taste. For example, people might agree on how *sweet* a piece of pie might be (the *intensity* of the sweetness), but some might enjoy it more if it were sweeter while others might prefer it to be less sweet. Similarly, people can judge the loudness of music and agree on what is more quiet and what is louder, but disagree on how it makes them feel. Some prefer quiet music and some prefer it more loud. In short, the *intensity* of a sensation is not the same as how it makes you feel. A sound might be unpleasant and still be quiet (think of someone grating their fingernails on a chalkboard). A sound can be quiet and "dull" or loud and "dull."

Pain is the same. Many people are able to tell the difference between many aspects of their pain: for example, *how much* it hurts and *how unpleasant* or annoying it is. Although often the intensity of pain has a strong influence on how unpleasant the experience of pain is, some people are able to experience more pain than others before they feel very bad about it.

There are scales for measuring different aspects of pain. For one patient, a pain might feel extremely hot, but not at all dull, while another patient may not experience any heat, but feel like their pain is very dull. We expect you to rate very high on some of the scales below and very low on others. We want you to use the measures that follow to tell us exactly what you experience.

| pai   | . [  | 0  |  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9   | 10   | 1                                 | The most intense pain sensation   |
|---|--|--|--|--|--|--|--|--|--|--|---|--|-----------------------------------|---|
| Please in   | se the s   | cale   | elow   | to te  | I as t   | nw el  | arn  | your o   | sain fi  | rels   | Wor   | ds us  | J total                           | imaginable<br>o describe "sharp" feelings include   |
| like a knif   | e," "lik   | e a sp   | ike,"  | "jabi  | oing "   | or "li   | ke jol   | ts."   |  | 800  |   |  |                                   | s deserted simp testings the late   |
| No<br>sha   |  | 0  | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9   | 10   | 1                                 | The most sharp<br>sensation imaginable<br>("like a knife")  |
| 3. Please us<br>"burning" a   |  |  |  | to te  | ll us h  | ow be  | ot you   | ir pair  | feel   | s. W   | ords  | used   | to d                              | describe very bot pain include  |
| -1,00   | . 55   | rine.  |  |  |  |  |  |  |  |  |   |  |                                   | 22470000024000  |
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| 4 Please in   | to the s   | cale l   | relow  | to te  | l us b   | nw di  | all vo   | or nai   | n fee  | le V   | Vord  | L used   | J.                                | ("on fire")<br>describe very dull pain include "like a  |
| dull toothac  |  |  |  |  |  |  |  |  |  | 200  |   |  | 5.555                             | describe 1413 and bette memore 1924   |
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| dull  | L  | 0  | : K  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9   | 10   | 1                                 |   |
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| No  | 200  | 8  |  |  |  |  |  |  |  |  |   |  | _                                 | The most cold   |
| col   |  | 0  | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9   | 10   | 1                                 | sensation imaginable  |
|   | _  |  |  |  |  |  |  | _  | _  |  |   |  | -                                 | ("freezing")  |
|   |  |  |  |  |  |  |  |  |  |  |   |  |                                   |   |
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| poison oak"   |  | like a   | mos  | quito  | Dite.  |  |  |  |  |  |   |  |                                   |   |
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# **Descriptor Differential Scale**

EACH WORD REPRESENTS AN AMOUNT OF SENSATION.
RATE YOUR SENSATION IN RELATION TO EACH WORD WITH A CHECK MARK.

| _ | FAINT             | +        |
|---|-------------------|----------|
|   | MODERATE          | +        |
|   | BARELY STRONG     |          |
|   | INTENSE           |          |
|   | WEAK              |          |
|   | STRONG            |          |
|   | VERY MILD         |          |
|   | EXTREMELY INTENSE |          |
|   | VERY WEAK         |          |
|   | SLIGHTLY INTENSE  |          |
|   | VERY INTENSE      | <u>-</u> |
|   | MILD              |          |
|   |                   |          |

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