Comfort

Pain Assessment

Standardized Instructions for Using the 0 to 10 Pain Intensity Number Scale
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"I need to know how much pain you have in order to help you with pain control. Because I can't feel your pain, I want you to use a scale to let me know how much pain you have right now. The numbers between 0 and 10 represent **all** the pain a person could have. Zero means no pain and 10 means pain as bad as it could be. You can use **any** number between 0 and 10 to let me know how much pain you have right now. Call your pain a number between 0 and 10 so I will know the intensity of the pain you feel now while you are (resting or moving around – circle activity level)."

ANow, call your pain a number between 0 and 10 so I will know had bad it has been now while you are (resting or moving around – circle activity level, should be opposite of the above activity).@

ANow, call your worst pain a number between 0 and 10 so I will know had bad it has been in the past 24 hours.@

ANow, call your least pain a number between 0 and 10 so I will know the best it has been in the past 24 hours.@

ANow, call your pain a number between 0 and 10 so I will know the number you want it to be.@

ANow, call your pain a number between 0 and 10 so I will know the number you could tolerate or live-with. This number helps us see the progress we are making, if we can't reduce your pain to your first goal.@

Note: Use the phrase A**call your pain**@ rather than Arate your pain@ or Awhere is your pain on this scale@ or Awhat number is your pain@ because patients have difficulty knowing what is expected of them when asked to rate their pain. Using the phrase where is your pain on the scale confuses pain intensity measurement with measuring pain location. Patients easily A**call**@ their pain a number. Stress the bolded words (**all**, **any**) in the script because those are the concepts with which patients have difficulty.