

Pain Rating Scales: Examples

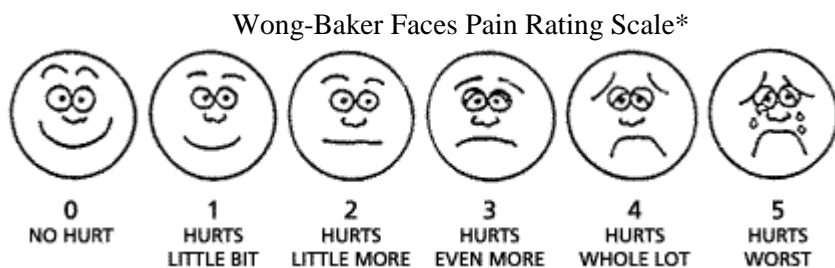
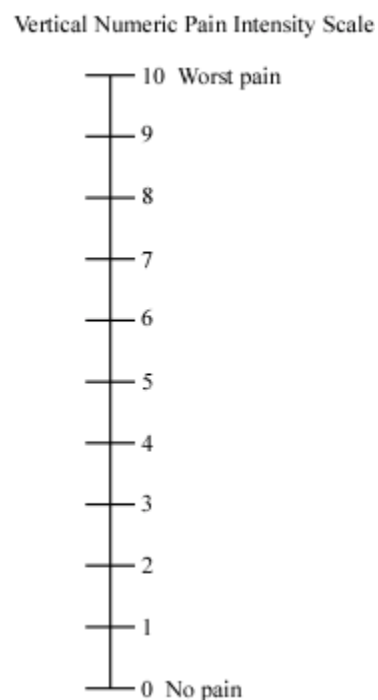
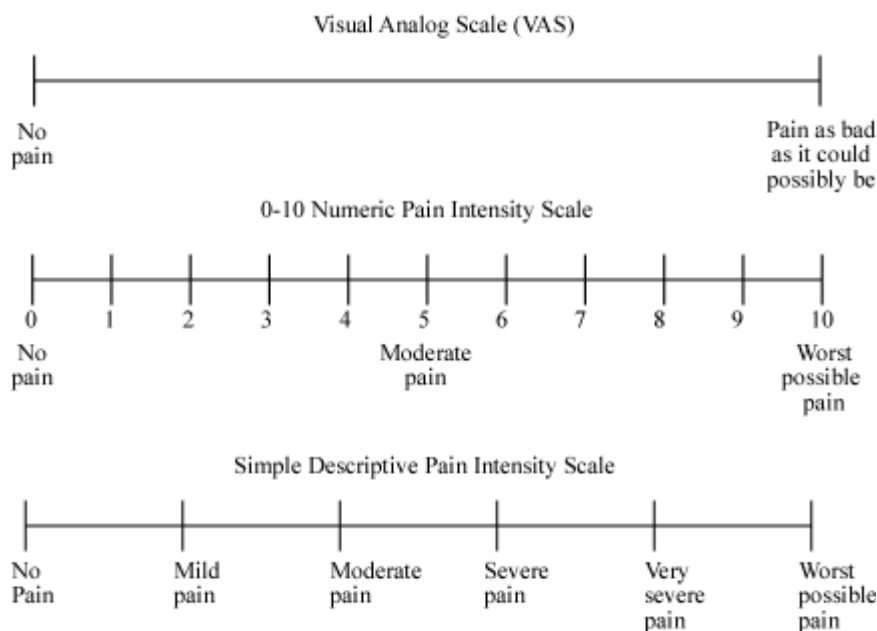
For patients who are able to provide a self-report of pain, the three most commonly used pain rating scales are probably:

1. numerical or adaptation of visual analog scale (VAS) (e.g., 0-5, 0-10, 0-100)
2. descriptive or word descriptors (e.g., none, mild, moderate, severe, very severe)
3. faces (e.g. Wong-Baker)

The above may be combined (e.g., numbers and words; faces and numbers). They may be presented vertically or horizontally. Based on pilot studies of children, it seems that a vertical presentation of words or numbers, such as the vertical line shown on the right, is more easily

and quickly understood by the majority of children and adults encountered in busy, stressful clinical settings.

Recommended for persons age three years and older. Explain to the person that each face is for a person who feels happy because he or she has no pain (hurt), or sad because he or she has some or a lot of pain. Face 0 = 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 lot. Face 5 = hurts as much as you can imagine, although you don't have to be crying to feel this bad. Ask the person to choose the face that best describes how he or she is feeling.*



*Source: Wong, DL: Whaley and Wong's Nursing Care of Infants and Children, 5th edition, Mosby-Year Book, Inc (c) 1995. Source: Margo McCaffery, RN, MS, FAAN, Nursing Consultant, Pain, Los Angeles, California.