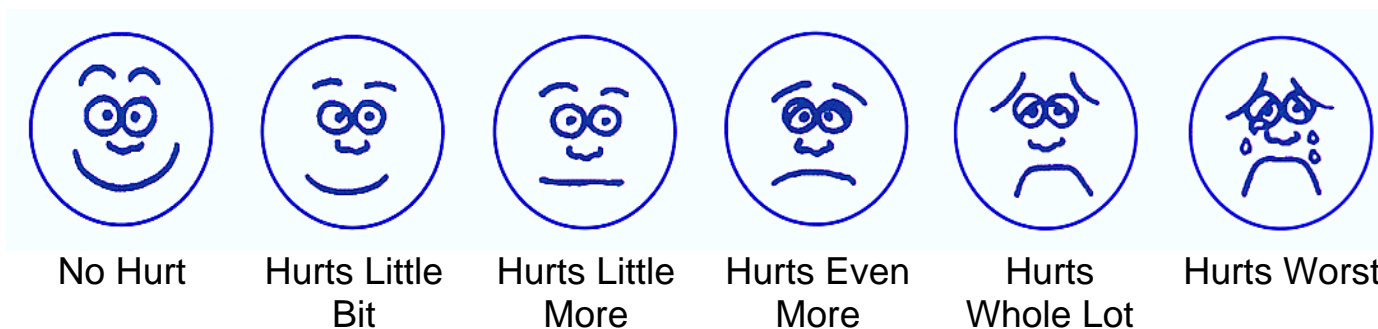




## **Pain Assessment Scales**

The National Initiative on Pain Control™ (NIPC™) 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



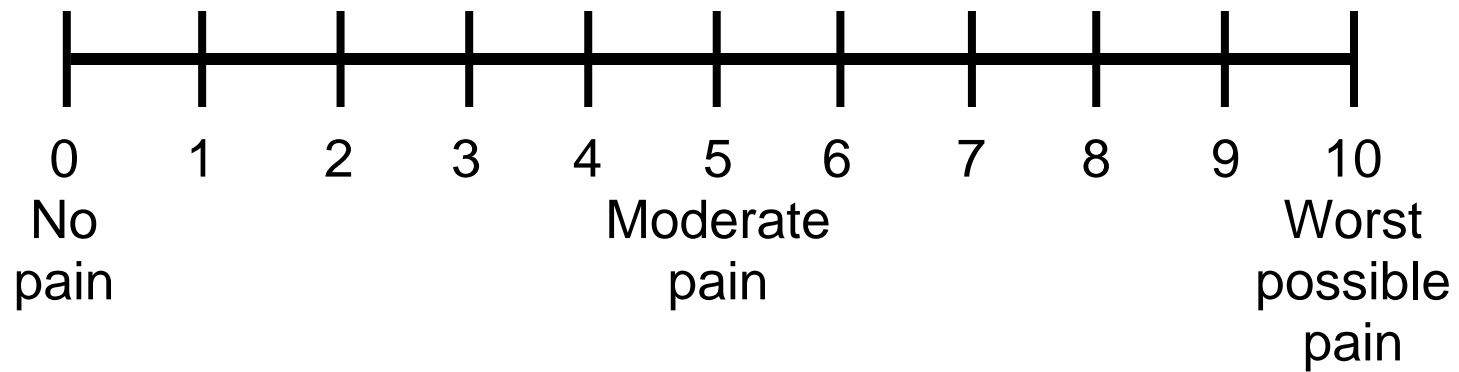
Explain to the person that each face is for a person who feels happy because he has no pain (hurt) or sad because he has some or a lot of pain. Face 0 is very happy because he doesn't hurt at all. Face 1 hurts just a little bit. Face 2 hurts a little more. Face 3 hurts even more. Face 4 hurts a whole 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.

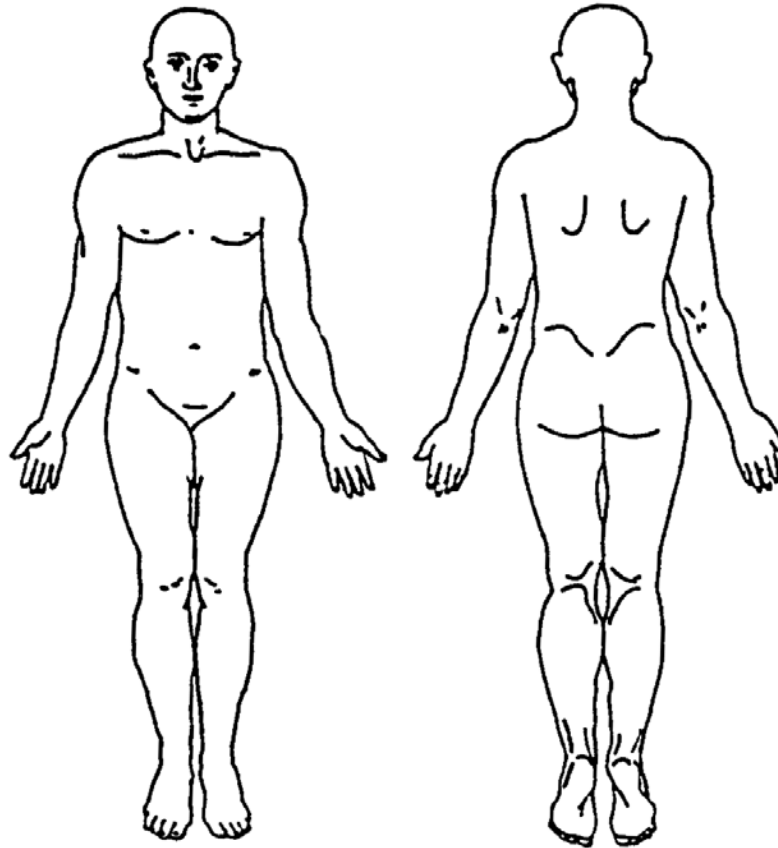
From Wong DL, Hockenberry-Eaton M, Wilson D, Winkelstein ML, Schwartz P: **Wong's Essentials of Pediatric Nursing**, 6/e, St. Louis, 2001, P. 1301. Copyrighted by Mosby, Inc. Reprinted by permission.

## 0–10 Numeric Pain Rating 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.



Reprinted from *Pain*, Vol 1, Melzack R, The McGill Pain Questionnaire: major properties and scoring methods, 277-299, Copyright 1975, with permission from the *International Association for the Study of Pain*.

## PAIN QUALITY ASSESSMENT SCALE<sup>®</sup> (PQAS<sup>®</sup>)

**Instructions:** There are different aspects and types of pain that patients experience and that we are interested in measuring. Pain can feel sharp, hot, cold, dull, and achy. Some pains may feel like they are very superficial (at skin-level), or they may feel like they are from deep inside your body. Pain can be described as unpleasant and also can have different time qualities.

The Pain Quality Assessment Scale helps us measure these and other different aspects of your pain. For one patient, a pain might feel extremely hot and burning, but not at all dull, while another patient may not experience any burning pain, but feel like their pain is very dull and achy. Therefore, we expect you to rate very high on some of the scales below and very low on others.

Please use the 20 rating scales below to rate how much of each different pain quality and type you may or may not have felt OVER THE PAST WEEK, ON AVERAGE.

1. Please use the scale below to tell us how <b>intense</b> your pain has been over the past week, on average.													
No pain	<table border="1"><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	0	1	2	3	4	5	6	7	8	9	10	The most <b>intense</b> pain sensation imaginable
0	1	2	3	4	5	6	7	8	9	10			
2. Please use the scale below to tell us how <b>sharp</b> your pain has felt over the past week. Words used to describe sharp feelings include “ <u>like a knife</u> ,” “ <u>like a spike</u> ,” or “ <u>piercing</u> .”													
Not sharp	<table border="1"><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	0	1	2	3	4	5	6	7	8	9	10	The most <b>sharp</b> sensation imaginable (“like a knife”)
0	1	2	3	4	5	6	7	8	9	10			
3. Please use the scale below to tell us how <b>hot</b> your pain has felt over the past week. Words used to describe very hot pain include “ <u>burning</u> ” and “ <u>on fire</u> .”													
Not hot	<table border="1"><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>	0	1	2	3	4	5	6	7	8	9	10	The most <b>hot</b> sensation imaginable (“burning”)
0	1	2	3	4	5	6	7	8	9	10			

4. Please use the scale below to tell us how **dull** your pain has felt over the past week.

Not  
dull

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **dull**  
sensation imaginable

5. Please use the scale below to tell us how **cold** your pain has felt over the past week. Words used to describe very cold pain include “like ice” and “freezing.”

Not  
cold

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **cold**  
sensation imaginable  
 (“freezing”)

6. Please use the scale below to tell us how **sensitive** your skin has been to light touch or clothing rubbing against it over the past week. Words used to describe sensitive skin include “like sunburned skin” and “raw skin.”

Not  
sensitive

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **sensitive**  
sensation imaginable  
 (“raw skin”)

7. Please use the scale below to tell us how **tender** your pain is when something has pressed against it over the past week. Another word used to describe tender pain is “like a bruise.”

Not  
tender

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **tender**  
sensation imaginable  
 (“like a bruise”)

8. Please use the scale below to tell us how **itchy** your pain has felt over the past week. Words used to describe itchy pain include “like poison ivy” and “like a mosquito bite.”

Not  
itchy

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **itchy**  
sensation imaginable  
 (“like poison ivy”)

9. Please use the scale below to tell us how much your pain has felt like it has been **shooting** over the past week. Another word used to describe shooting pain is “zapping.”

Not  
shooting

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **shooting**  
sensation imaginable  
 (“zapping”)

10. Please use the scale below to tell us how **numb** your pain has felt over the past week. A phrase that can be used to describe numb pain is "like it is asleep."

Not  
numb

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **numb**  
sensation imaginable  
("asleep")

11. Please use the scale below to tell us how much your pain sensations have felt **electrical** over the past week. Words used to describe electrical pain include "shocks," "lightning," and "sparkling."

Not  
electrical

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **electrical**  
sensation imaginable  
("shocks")

12. Please use the scale below to tell us how **tingling** your pain has felt over the past week. Words used to describe tingling pain include "like pins and needles" and "prickling."

Not  
tingling

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **tingling**  
sensation imaginable  
("pins and needles")

13. Please use the scale below to tell us how **cramping** your pain has felt over the past week. Words used to describe cramping pain include "squeezing" and "tight."

Not  
cramping

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **cramping**  
sensation imaginable  
("squeezing")

14. Please use the scale below to tell us how **radiating** your pain has felt over the past week. Another word used to describe radiating pain is "spreading."

Not  
radiating

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **radiating**  
sensation imaginable  
("spreading")

15. Please use the scale below to tell us how **throbbing** your pain has felt over the past week. Another word used to describe throbbing pain is "pounding."

Not  
throbbing

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **throbbing**  
sensation imaginable  
("pounding")

16. Please use the scale below to tell us how **aching** your pain has felt over the past week. Another word used to describe aching pain is “like a toothache.”

Not  
aching

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **aching**  
sensation imaginable  
 (“like a toothache”)

17. Please use the scale below to tell us how **heavy** your pain has felt over the past week. Other words used to describe heavy pain are “pressure” and “weighted down.”

Not  
heavy

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **heavy**  
sensation imaginable  
 (“weighted down”)

18. Now that you have told us the different types of pain sensations you have felt, we want you to tell us overall how **unpleasant** your pain has been to you over the past week. Words used to describe very unpleasant pain include “annoying,” “bothersome,” “miserable,” and “intolerable.” Remember, pain can have a low intensity but still feel extremely unpleasant, and some kinds of pain can have a high intensity but be very tolerable. With this scale, please tell us how **unpleasant** your pain feels.

Not  
unpleasant

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **unpleasant**  
sensation imaginable  
 (“intolerable”)

19. We want you to give us an estimate of the severity of your deep versus surface pain over the past week. We want you to rate each location of pain separately. We realize that it can be difficult to make these estimates, and most likely it will be a “best guess,” but please give us your best estimate.

**HOW INTENSE IS YOUR *DEEP* PAIN?**

No  
**deep**  
pain

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **intense deep**  
pain sensation  
imaginable

**HOW INTENSE IS YOUR *SURFACE* PAIN?**

No  
**surface**  
pain

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

The most **intense surface**  
pain sensation  
imaginable



20. Pain can also have different time qualities. For some people, the pain comes and goes and so they have some moments that are completely without pain; in other words the pain “comes and goes”. This is called **intermittent** pain. Others are never pain free, but their pain types and pain severity can vary from one moment to the next. This is called **variable** pain. For these people, the increases can be severe, so that they feel they have moments of very intense pain (“breakthrough” pain), but at other times they can feel lower levels of pain (“background” pain). Still, they are never pain free. Other people have pain that really does not change that much from one moment to another. This is called **stable** pain. Which of these best describes the time pattern of your pain (please select only one):

- I have **intermittent** pain (I feel pain sometimes but I am pain-free at other times).
- I have **variable** pain (“background” pain all the time, but also moments of more pain, or even severe “breakthrough pain or varying types of pain).
- I have **stable** pain (constant pain that does not change very much from one moment to another, and no pain-free periods).

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