

Rate your level of comfort on this scale



0

No
Hurt



2

Hurts
Little
Little Bit



4

Hurts Little
More



6

Hurts
Even More



8

Hurts
Whole Lot



10

Hurts
Worst

NO PAIN



**WORST
POSSIBLE
PAIN**

Pain Assessment

Provokes and Relieves

*(What makes the pain worse/
better?)*

Quality

(Describe the pain)

Region(s)

(Where is the pain?)

Severity

a) at rest

b) on movement

Timing

(constant / intermittent?)

3 R's: Remember Regular

Reassessment includes:

- *Effect of pain relieving strategies*
- *Side effects of analgesics*
- *Documentation*