HELP US TO HELP YOU

0 1 2 3 4 5 6 7 8 9 10

SIMPLE DESCRIPTIVE PAIN INTENSITY SCALE

| NO PAIN | MILD PAIN | MODERATE PAIN | SEVERE PAIN | VERY SEVERE PAIN | WORST POSSIBLE PAIN |

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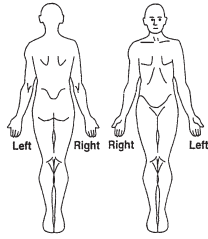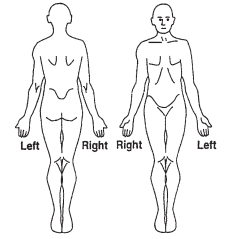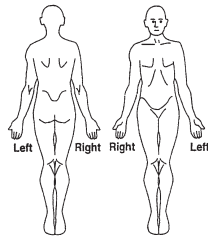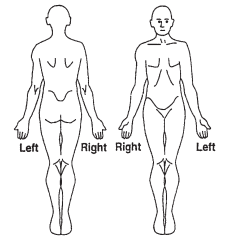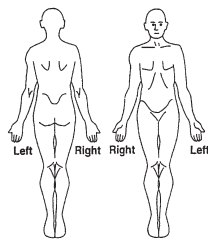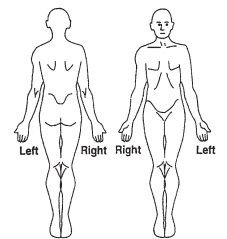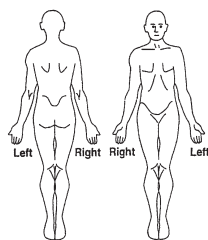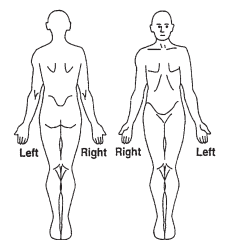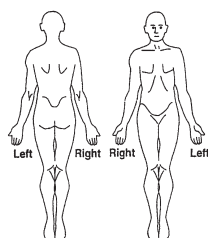| NO PAIN | MILD PAIN | MODERATE PAIN | SEVERE PAIN | VERY SEVERE PAIN | WORST POSSIBLE PAIN |

PAIN ASSESSMENT — *MidCentral Health*

1) Cause and physiological response
2) Location(s)
3) Intensity (0–10)
   NB. Record Scale Used
   a) At rest   b) On movement
4) Quality
5) Onset and duration
6) Precipitating factors
7) Modifying factors
8) Psychological response
9) Behavioural response
10) Re-assessment

Left   Right   Right   Left