PAIN ASSESSMENT TOOL

MODERATE

UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs.
Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret
expressed pain when patient cannot communicate his/her pain intensity.

	0	1	2	3	4	5	6	7	8	9	10

Verbal Descriptor Scale	NO PAIN	MILD PAIN	MODERATE PAIN	MODERATE PAIN	SEVERE PAIN	WORST PAIN POSSIBLE
WONG-BAKER FACIAL GRIMACE SCALE	Alert Smiling	No humor serious flat	Furrowed brow pursed lips breath holding	Wrinkled nose raised upper lips rapid breathing	Slow blink open mouth	Eyes closed moaning crying
ACTIVITY TOLERANCE	NO PAIN	CAN BE IGNORED	INTERFERES WITH TASKS/SLEEP	INTERFERES WITH CONCENTRATION	INTERFERES WITH BASIC NEEDS	BEDREST REQUIRED
SPANISH	NADA DE DOLOR	UNPOQUITO DE DOLOR	UN DOLOR LEVE	DOLOR FUERTE	DOLOR DEMASIADO FUERTE	UN DOLOR INSOPORTABLE
VIETNAMESE	Không Đau	Đau Nhẹ	Đau Vừa Phải	Đau Nặng	Đau Thật Nặng	Đau Đớn Tận Cùng
ARABIC		ألم بسيط	ألم متوسط		ألم شديد	ألم لا يطاق
PORTUGUESE	sem dor	dor suave	dor moderada	muito forte	intensa	insuportável

COMPARATIVE PAIN SCALE CHART (Pain Assessment Tool)

0 Pain Free	1 Very Mild	2 Discomforting	3 Tolerable	4 Distressing	5 Very Distressing	6 Intense	7 Very Intense	8 Utterly Horrible	9 Excruciating Unbearable	10 Unimaginable Unspeakable
No Pain	Minor Pain			Moderate Pain			Severe Pain			
Feeling perfectly normal	Nagging, annoying, but doesn't interfere with most daily living activities. Patient able to adapt to pain psychologically and with medication or devices such as cushions.			Interferes significantly with daily living activities. Requires lifestyle changes but patient remains independent. Patient unable to adapt pain.			Disabling; unable to perform daily living activities. Unable to engage in normal activities. Patient is disabled and unable to function independently.			