

Comparative Pain Scale

Name:		Date:
	0	No pain. Feeling perfectly normal.
Minor Does not interfere with most activities. Able to adapt to the pain psychologically and with medication or devices such as cushions.	1 Very Mild	Very light barely noticeable pain , like a mosquito bite. Most of the time you never think about the pain.
	2 Discomforting	Minor pain, like lightly pinching the fold of skin between the thumb and first finger with the other hand, using fingernails. Note that people react differently to this self-test.
	3 Tolerable	Very noticeable pain, like an accidental cut , blow to the nose causing a bloody nose, or doctor giving you an injection. The pain is not so strong that you cannot get used to it. Most of the time you <i>don't notice the pain as you have adapted</i> to it.
Moderate Interferes with many activities. Requires lifestyle changes but able to remain independent. Unable to adapt to the pain.	4 Distressing	Strong, deep pain, like an average toothache , the initial pain from a bee sting, or minor trauma such as stubbing your toe. So strong you <i>notice the pain all the time and cannot completely adapt</i> . This pain level can be simulated by pinching the fold of skin between the thumb and first finger using the fingernails, and squeezing real hard. Note how the simulated pain is initially piercing but becomes dull after that.
	5 Very Distressing	Strong, deep, piercing pain, such as a sprained ankle when you stand on it wrong, or mild back pain. Not only do you notice the pain all the time, you are <i>now so preoccupied with managing it that your normal lifestyle is curtailed</i> . It often temporary affects your personality.
	6 Intense	Strong, deep, piercing pain bad headache , several bee stings, or a bad back pain. So strong it seems to partially dominate your senses, causing you to think somewhat unclearly. At this point, if <i>affects work performance and maintaining normal social relationships</i> .
Severe Unable to engage in normal activities. Unable to work and cannot function independently.	7 Very Intense	Same as 6 except the pain completely dominates your senses, so you <i>can no longer think clearly about half the time</i> . At this point you are <i>effectively disabled and may have trouble living alone</i> . Comparable to a severe headache.
	8 Excruciating	Pain so intense you <i>can no longer think clearly at all and cannot look after yourself</i> , and have often undergone severe personality change if the pain has been present for a long time. Comparable to childbirth or a very severe headache.
	9 Unbearable	Pain so intense you cannot tolerate it and demand some relief , no matter what the side effects or risk. At this point you <i>go to the hospital emergency</i> . Comparable to kidney stones.
	10 Unimaginable	Pain so intense you will go unconscious shortly . Most people have never experienced this level of pain. Those who have suffered a severe accident, and lost consciousness as a result of the pain, have experienced level 10.

0 – 10 Pain Scale

Lucile Packard Children's Hospital Heart Center/CVICU

<http://www.pudendal.info/info/documents/ComparativePainScale.htm> - By Alice Rich, RN – Recommender and Maintainer

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