

0 1 2 3 4 5 6 7 8 9 10

None

Moderate

Worst Possible



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Arbor Hospice
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PAIN SCALE

Pain is:

Crushing	Stabbing
Cramping	Aching
Dull	Sharp
Gnawing	Pressing
Sore	Taut
Shooting	Hot
Burning	Cold
Radiating	Numb
Penetrating	Tingling
Drilling	Shock-like

***Bold** words indicate possible neuropathic pain*

Pain feels:

Cruel
Punishing
Frightening
Agonizing
Nagging
Annoying
Killing
Tiring
Terrifying
Miserable
Torturing

Pattern:

Continuous
Steady
Constant
Rhythmic
Periodic
Intermittent
Brief
Momentary
Transient

Behavioral Indicators:

Non-verbal vocal complaints: Moan, groans, grunts, cries, gasps, sighs

Verbal vocal complaints: Trying to get attention (beckoning someone), exclamation of protest, repetitive vocalizations

Facial expressions: Grimace, clenched teeth, distorted expression

Restlessness: Shifting, rocking, inability to sit still

Movement: Rubbing, bracing, guarding, absence of movement, rigidity

Other: Withdrawal, outbursts, change in normal behavior patterns, change in cooperation with personal care