

**Pain Scale**

**How to use the scale**

**Context of Pain Scale Use:** Expression of pain can be difficult when asked to use vague pain scales. On the next page is an example of a pain scale which can be used in GP appointments to help explain the level of pain that you are in.

**Where and When:** You can use this pain scale before, during and after appointments. However, the GP may need a copy (physical or digital) to refer to during your appointment.

**Personalisation:** The pain scale can be used and adapted to suit your needs, as well as to fit the duration you experience pain. A pain scale timeline can be created when used alongside the symptom diary.

**Adaptations:** This pain scale can be adapted so that it best represents how you experience pain and can be used with a symptom diary. For example:

* How often or how long you have been experiencing this pain,
* Specific language that you would use to describe pain,
* Specific tasks that you are unable to do,
* Colour code the scale such as a traffic light system.



**Pain Scale**

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| **Scale** | **Description** |
| **10** | I am in so much pain that I am unable to do anything and can only focus on the pain. |
| **9** | I have intense pain, and it stops me from doing all of my tasks. |
| **8** | I have intense pain and I am unable to manage the pain by myself. |
| **7** | I am aware of my pain all the time, and it stops me from doing most of my tasks. |
| **6** | I am aware of my pain all the time, and it stops me from doing some of my tasks. |
| **5** | I am aware of my pain all the time, but I am still able to do my tasks. |
| **4** | I have some pain which I am managing myself but the pain is causing me some discomfort. |
| **3** | I have some pain that I am aware of but I am able to manage this myself. |
| **2** | I have some pain, but I only notice this pain when I am focussing on it. |
| **1** | I have some pain, but I don’t really notice it. |