

**INITIAL PAIN ASSESSMENT  
FOR ADULT USE ONLY**

- I. **Location of Pain**  
[Anatomical figure could not be reproduced.]
  
- II. **Intensity: Patient rates the pain (0-10)**
  - Present:
  - Worst pain gets:
  - Best pain gets:
  - Acceptable level of pain:
  
- III. **Quality: (Use patient's own words, eg prick, ache, burn, throb, pull, sharp)**
  
  
- IV. **Onset, duration variations, rhythms:**
  
  
- V. **Manner of expressing pain:**
  
  
- VI. **What relieves the pain?**
  
  
- VII. **What causes or increases the pain?**
  
  
- VIII. **Effects of pain: (Note decreased function, decreased quality of life.)**
  - Accompanying symptoms (eg nausea)
  - Sleep
  - Appetite
  - Physical Activity
  - Relationships with others (eg irritability)
  - Emotions (eg anger, suicidal, crying)
  - Concentration
  - Other
  
- .....
- IX. **Comments and Plan for pain management**