

PAIN ASSESSMENT GUIDE

TELL ME ABOUT YOUR PAIN

Words to describe pain

aching	throbbing	shooting
stabbing	gnawing	sharp
tender	burning	exhausting
tiring	penetrating	nagging
numb	miserable	unbearable
dull	radiating	squeezing
crampy	deep	pressure

Pain in other languages

itami	Japanese	dolor	Spanish
tong	Chinese	douleur	French
dau	Vietnamese	bolno	Russian

Intensity (0-10)

If 0 is no pain and 10 is the worst pain imaginable, what is your pain now? ... in the last 24 hours?

Location

Where is your pain?

Duration

Is the pain always there?
Does the pain come and go? (Breakthrough Pain)
Do you have both types of pain?

Aggravating and Alleviating Factors

What makes the pain better?
What makes the pain worse?

How does pain affect

sleep	energy	relationships
appetite	activity	mood

Are you experiencing any other symptoms?

nausea/vomiting	itching	urinary retention
constipation	sleepiness/confusion	weakness

Things to check

vital signs, past medication history, knowledge of pain, and use of noninvasive techniques

REFERENCES: Jacox A, Carr DB, Payne R, et al. Management of Cancer Pain. Clinical Practice Guideline No. 9. AHCPR Publication No. 94-0592. Rockville, MD: Agency for Health Care Policy and Research, U.S. Department of Health and Human Services, Public Health Service, March 1994. — Wong, D, and Whaley L: Clinical Handbook of Pediatric Nursing, ed. 2, The C.V. Mosby Company, St. Louis, 1986, p. 373.

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