



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

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?

Affects

sleep	energy	relationships
appetite	activity	weakness

Associated symptoms

nausea/vomiting	itching	urinary retention
sleepiness/confusion	weakness	constipation

References:

- FACES ruler from Wong D.L., Hockenberry-Eaton M., Wilson D., Winkelstein M.L., Schwartz P.: Wong's Essentials of Pediatric Nursing, 6/e, St. Louis, 2001, p. 1301. Copyrighted by Mosby, Inc. Reprinted by permission.
- Regina Fink, University of Colorado Health Sciences Center

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