

# Numerical Rating Scale

Instructions: Show the pain scale to the resident. Verbally read the scale to the resident and wait for a reply. On the 0-10 pain rating scale, 0 means no pain and 10 means the worst pain possible. The middle of the scale around 5 is moderate pain. A 2 or 3 would be mild pain, but 7 and higher is severe pain. Repeat the directions if the resident is having difficulty; use words other than "pain": aching, cramping, sore, uncomfortable, stiff, dull, pressure, burning, shooting. If the resident does not like it or understand it, switch to another scale. Always use the same scale for each follow-up assessment. Document the scale used as the Numerical Rating Scale (NRS).

## 0-5 Numerical Rating Scale



## 0-10 Numerical Rating Scale

