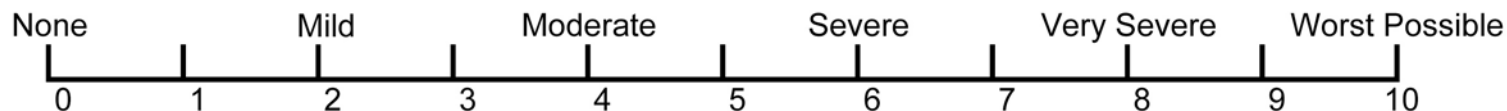


CLINICAL RESOURCES - PAIN TOOLS: PAIN INTENSITY SCALE GUIDE - Based on the MDS 2.0

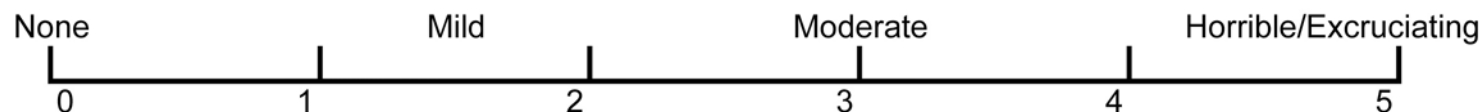
10 Point Numerical Rating Scale (NRS)



<i>10-Point Numerical Rating Scale</i>	<i>Score</i>	=	<i>MDS Section J2 (b)</i>	<i>Score</i>
Mild Pain	1-3	=	Mild Pain	1
Moderate Pain	4-6	=	Moderate Pain	2
Severe Pain	7-10	=	Horrible/Excruating Pain	3

Brief Instructions: Ask the individual to rate pain according to descriptions and 0-10 scale above and record number.

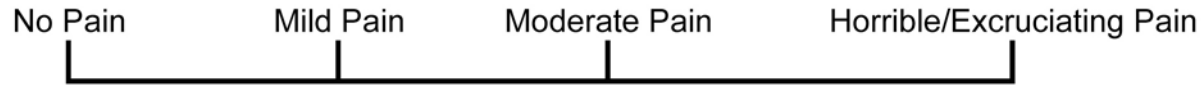
5 Point Numerical Rating Scale (NRS)



<i>5-Point Numerical Rating Scale</i>	<i>Score</i>	=	<i>MDS Section J2 (b)</i>	<i>Score</i>
Mild Pain	1 or 2	=	Mild Pain	1
Moderate Pain	3	=	Moderate Pain	2
Severe Pain	4 or 5	=	Horrible/Excruating Pain	3

Brief Instructions: Ask the individual to rate pain according to descriptions and 0-5 scale above and record number.

Verbal Descriptor Scale (VDS)



<i>Verbal Descriptor Scale</i>	<i>Score</i>	=	<i>MDS Section J2 (b)</i>	<i>Score</i>
Mild Pain	N/A	=	Mild Pain	1
Moderate Pain	N/A	=	Moderate Pain	2
Severe Pain	N/A	=	Horrible/Excruciating Pain	3

Brief Instructions: Ask the individual to rate pain according to descriptions above and record.

Wong-Baker FACES Pain Rating Scale* (FACES Scale)



<i>Faces Scale</i>	<i>Score</i>	=	<i>MDS Section J2 (b)</i>	<i>Score</i>
Hurts Little Bit	1	=	Mild Pain	1
Hurts Little More/Even More	2 or 3	=	Moderate Pain	2
Hurts Whole Lot/Hurts Worst	4 or 5	=	Horrible/Excruciating Pain	3

Brief Instructions: Point to each face using the words to describe the pain intensity. Ask the individual to choose face that best describes their pain and record the appropriate number.

*Wong D.L., Hockenberry-Eaton M., Wilson D., Winkelstein M.L., Schwartz P.: Wong's Essentials of Pediatric Nursing, ed. 6, St. Louis, 2001, p.1301. Copyrighted by Mosby, Inc. Reprinted by Permission.

Pain Thermometer (PT)



<i>Pain Thermometer Scale</i>	<i>Score</i>	=	<i>MDS Section J2 (b)</i>	<i>Score</i>
Mild	0 - <1/4	=	Mild Pain	1
Moderate	1/4 - 3/4	=	Moderate Pain	2
Severe	>3/4 or higher	=	Horrible/Excruating Pain	3

Non-verbal expression of Pain

<i>Non-verbal expressions of pain</i>	<i>Score</i>	=	<i>MDS Section J2 (b)</i>	<i>Score</i>
Moaning, Grimacing, Sighing	N/A	=	Mild Pain	1
Altered Body Position, Restless	N/A	=	Moderate Pain	2
Withdrawal, Crying, Yelling, Immobility	N/A	=	Horrible/Excruating Pain	3

Clinical Resources - Pain Tools: Pain Intensity Scale Guide Based on MDS 3.0. This material was developed by the QIO program for CMS' NHQI and is intended as general information. Any individual using the material must consider the possibility of human error, changes in medical sciences, and the need to use clinical judgment in each specific case.