

## Pain Assessment: Tools

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

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### Pain History

Onset: When did this start? \_\_\_\_\_

Location: Where is the pain felt most? Does it radiate? \_\_\_\_\_  
\_\_\_\_\_

Intensity: Ask for description. Use pain scales below. \_\_\_\_\_  
\_\_\_\_\_

Quality: Is pain sharp, dull, throbbing, etc.? \_\_\_\_\_  
\_\_\_\_\_

Pattern: Is the pain intermittent? Constant? Does it wax and wane? \_\_\_\_\_  
\_\_\_\_\_

#### Precipitating factors:

What seems to bring this pain on? \_\_\_\_\_

Noise? \_\_\_\_\_

Motion of a body part? \_\_\_\_\_

Eating? Not eating? Etc. \_\_\_\_\_

#### Relieving factors and attempts to relieve:

What helps? \_\_\_\_\_

Medications? \_\_\_\_\_

Heat? Ice? Etc. \_\_\_\_\_

Impact on activities of daily living: Does this pain prevent usual activities? \_\_\_\_\_  
\_\_\_\_\_

Coping strategies (such as prayer, meditation, etc.): \_\_\_\_\_  
\_\_\_\_\_

Emotional response (anger, blaming, depression, anxiety, etc.): \_\_\_\_\_  
\_\_\_\_\_

Sleep pattern (ability to sleep): \_\_\_\_\_

**Observation:**

**Client behavior (protective posturing, crying, moaning, etc.):** \_\_\_\_\_

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**Physiological Responses**

**Vital Signs: Temp.:** \_\_\_\_\_

**Respirations:** \_\_\_\_\_

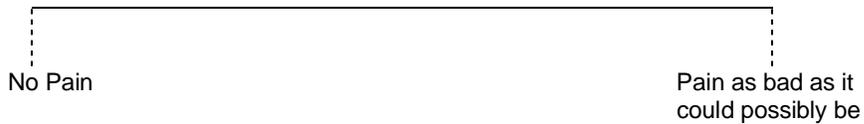
**Pulse:** \_\_\_\_\_

**BP:** \_\_\_\_\_

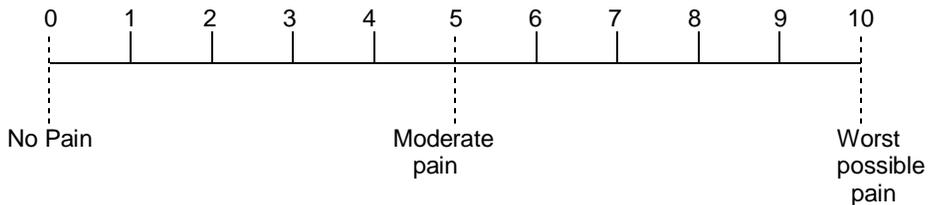
**Adult Tools**

Several visual and verbal tools are available to assess a client's pain. Several examples commonly used for the verbal adult are seen below. In each case, the client is asked to point along the line to describe her degree of pain.

**Visual Analog Scale (VAS)**



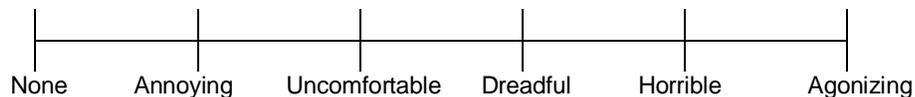
**0–10 Numeric Pain Intensity Scale**



**Simple Descriptive Pain Intensity Scale**



**Pain Distress Scale**



U.S. Department of Health and Human Services

## Infants and Children

The **OUCHER Pain Scale** is a valid and reliable scale for both young and older children of various races. This scale, which is seen in the Considerations section of this module, is copyrighted, and may be purchased for use in the clinical agency. For more information, see [www.oucher.org](http://www.oucher.org).

### Analysis:

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