0 = No Pain  2 = Mild  4 = Nagging  6 = Miserable  8 = Intense  10 = Worst
Tips to using the scale

- Do not use words ‘happy or sad’ - This scale is intended to measure how one’s pain feels inside, not how their face looks.

- Additional questions to ask: Where is your pain? What does pain feel like – can you pick a word to describe it? When did it start? How often do you have it? Does it move to another place? What makes it better? What makes it worse? How is it affecting your ability to move around?

- Reassess pain often and adjust care as needed. Always reassess pain when a patient or a nurse is leaving the unit and document.