

Pain Rating Scales

You may have pain from cancer, cancer treatment or other health conditions. It is important to rate the intensity of your pain. This lets your care team know how much pain you have. A pain rating scale can help you describe the amount of pain you are feeling. Here are 2 options.

Numerical Pain Rating Scale







Instructions: Assign your pain level a number from **0** to **10**. If you have no pain, use a **0**. As the numbers get higher, it means your pain is getting worse. A **10** means that the pain is the worst pain you have ever felt.

No Pain		Moderate Pain								Worst Pain
0	1	2	3	4	5	6	7	8	9	10

May be duplicated for use in clinical practice. From McCaffery, M. Pasero C; *Pain: Clinical manual*, 1999, p. 63. Copyrighted by Mosby, Inc.

Wong-Baker FACES® Pain Rating Scale

Instructions: Point to the face that best shows the pain level you are feeling. The smiling face means you do not hurt at all. As the faces change from a happy face to a very sad, crying face, it means your pain is getting worse. The crying face is the worst pain you have ever felt, but you do not need to be crying if this is your worst pain.

Wong-Baker FACES® Pain Rating Scale					
					
0	2	4	6	8	10
No Pain	A Little Pain	A Little More Pain	Even More Pain	A Whole Lot Of Pain	Worst Pain
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Personal Pain Goal

Sometimes, reaching a level of no pain is not always possible. There are many ways to manage pain. One important way is to set a verbal or written **personal pain goal**.

A personal pain goal is the desired level or intensity of pain that you feel allows you to keep doing your day-to-day activities comfortably. Setting your personal pain goal helps you and your care team make decisions about your pain management options.

How to Set Your Personal Pain Goal

Assign a number from 0 to 10 to best describe the intensity of pain that you can comfortably tolerate. The higher the personal pain goal, the more pain you can tolerate. For example, a personal pain goal of 3 means that you feel your pain is tolerable at a pain level of 3. Your personal pain goal may change over time.