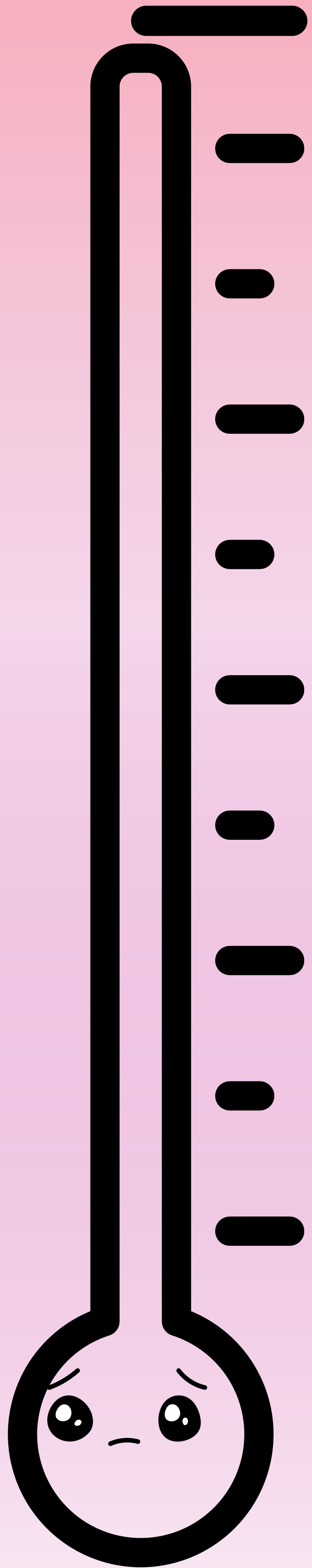


Acute Pain Scale

For Chronic Pain Patients



10. Sobbing in pain. Possibly losing consciousness.

9. Tears, whimpers, or moans of pain are escaping.

8. Pain is thought-consuming. It's near-impossible to get anything done.

7. In pain all the time. Desperately looking for an opportunity for relief.

6. Pain interrupts or slows most activities.

5. Distracted by pain during most activities. Adjusting plans to make things easier, if possible.

4. Aware of my pain and possibly modifying some activities, but still able function.

3. Able to participate in normal tasks and activities, but they are more painful and less enjoyable than normal.

2. Everything aches more than it normally does, but it isn't enough to change routine.

1. A "normal" level of pain. For chronic pain patients, this could still be significant, but this is where we set the baseline for acute evaluation.

Using this tool with your doctor:

Chronic pain can complicate communication between patient and doctor. This pain scale is designed to help patients communicate when experiencing acute pain flares.