



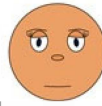








## COMPARATIVE PAIN SCALE CHART (Pain Assessment Tool)

										
0 Pain Free	1 Very Mild	2 Discomforting	3 Tolerable	4 Distressing	5 Very Distressing	6 Intense	7 Very Intense	8 Utterly Horrible	9 Excruciating Unbearable	10 Unimaginable Unspeakable
<b>No Pain</b>	<b>Minor Pain</b>			<b>Moderate Pain</b>			<b>Severe Pain</b>			
Feeling Perfectly Normal	Nagging, annoying, but doesn't interfere with most daily living activities. Patient able to adapt to pain psychologically and with medication or devices such as cushions.			Interferes significantly with daily living activities. Requires lifestyle changes but patient remains independent. Patient unable to adapt pain.			Disabling; unable to perform daily living activities. Unable to engage in normal activities. Patient is disabled and unable to function independently.			

### Nine-Day Pain/Anxiety Intensity Log:

Rating Day,

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Monday			Tuesday			
	am	AF	pm	am	AF	pm	am	AF	pm	am	AF	pm	am	AF	pm	am	AF	pm	am	AF	pm	am	AF	pm	am	AF	pm	
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Log pain perception for morning, afternoon, and evening of each day. Use an X to mark the level at which you feel pain, discomfort, pressure, or symptoms.

When you log pain perception rating, also log the intensity of anxiety/fear. Use an O to mark the level at which you feel anxiety/fear.