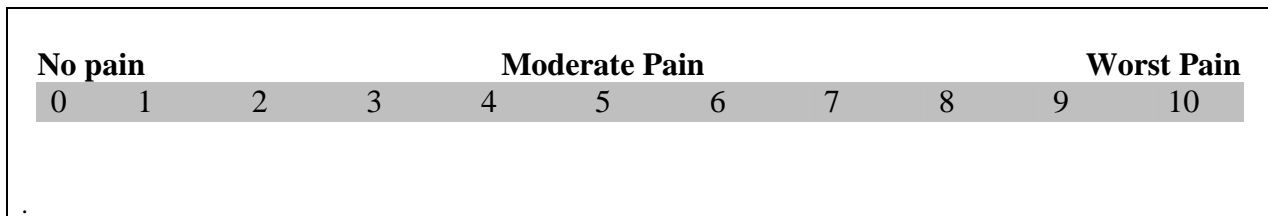


Pain Rating Scales

You may experience some pain from cancer or cancer treatment. Only you know how much pain you have. You need to be able to describe your pain to your health care team. Using a rating scale is helpful to describe how much pain you are feeling. Here are 2 options.

Numerical Pain Rating Scale

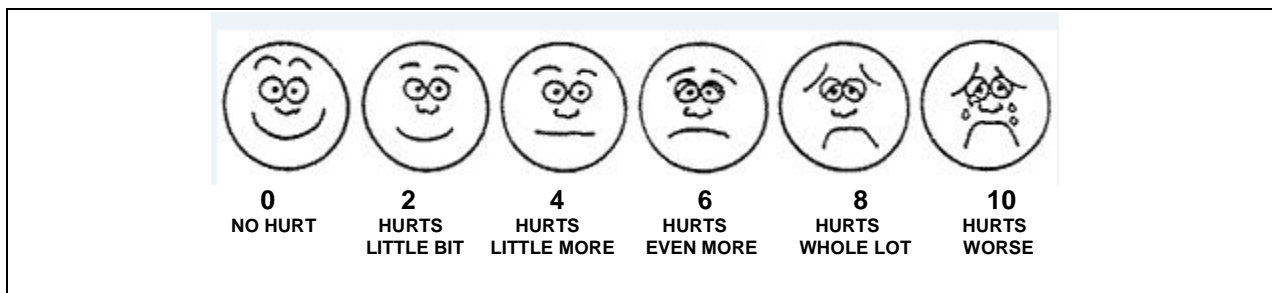
Instructions: Assign a number from 0 (zero) to 10 (ten) to your pain level. If you have no pain, use a 0. As the numbers get higher, it means your pain is getting worse. A 10 means the pain is as bad as it can be.



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 each face using the words to describe your pain intensity.



From Wong, DL, Hockenberry-Eaton M, Wilson D, Winkelstein ML, Schwartz P: *Wong's Essentials of Pediatric Nursing*, ed. 6, St. Louis, 2001, p. 1301. Copyrighted by Mosby, Inc. Reprinted by permission.

Personal Pain Goal

There are many ways to manage pain. Reaching a level of no pain is not always possible. It is important to set a personal pain goal. This is the level of pain you can manage. It may change at times. Identifying your personal pain goal will help you and your health care team make decisions about your pain management options.