

Pain Assessment Tool

Date completed: ___/___/___

Instructions to complete assessment: The following assessment is to help you evaluate any pain experienced.

1. Please mark the area of pain on the drawing. If you have more than one pain, label them A, B, C, etc. and describe your pain in the box:

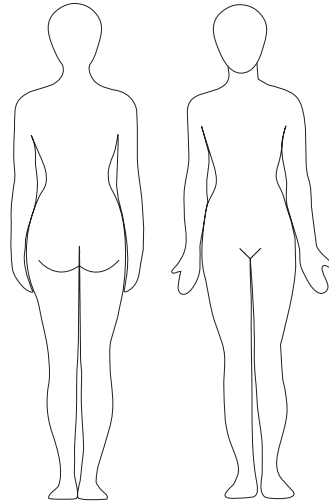
Identification of areas of pain:

A.

B.

C.

D.



2. How would you rate your overall pain?

Use the scale below where 0 = no pain and 10 = severe pain.

No pain Severe

1 2 3 4 5 6 7 8 9 10

3. How and when did your pain begin?

4. Check the words that best describe the kind of pain you have:

- Dull ache Stabbing External Pins & needles
 Internal Sharp Burning Cramping
 Throbbing Other (describe): _____

5. How long does the pain usually last?

- Seconds Hours Minutes Constant

6. What makes the pain worse?

- Walking Moving Eating
 Other (describe): _____

7. Is your pain worse at a particular time of day? When?

8. What makes the pain better?

- Heat/cold Distraction Medication Massage
 Lying still Relaxation Changing position
 Other (describe): _____

9. What pain medications are you presently taking?

1. _____

2. _____

3. _____

4. _____

5. _____

10. What medications have helped to control your pain?

1. _____

2. _____

3. _____

4. _____

5. _____

11. What medications have not helped?

1. _____

2. _____

3. _____

4. _____

5. _____

12. Has the pain or treatment produced any other effects?

- Nausea
- Drowsiness
- Anxiety
- Unclear thinking
- Constipation
- Disturbed sleep
- Dizziness
- Diarrhea
- Changes in mood
- Loss of appetite
- Other (describe): _____

13. How has the pain affected your daily activities (eg. bathing, sleeping, eating)?

14. How has the pain affected you life (eg. finances, job, family relationships)?

From Registered Nurses Association of Ontario.

Nursing Best Practice Guideline: Assessment and Management of Pain. 2007.

Instructions on how to interpret assessment: Please detach this assessment sheet and bring it to your doctor, so they will be able to find the best way to help alleviate your pain