







## Self-Report Pain Assessment Chart

					
0	2	4	6	8	10
NO HURT	HURTS LITTLE BIT	HURTS LITTLE MORE	HURTS EVEN MORE	HURTS WHOLE LOT	HURTS WORST

A horizontal color bar with a gradient from blue to red, divided into 11 segments labeled 0 through 10. The segments are numbered 0 to 10 from left to right. The color transitions from blue at 0, through green at 5, to red at 10.

## General Instructions

- Score hourly for initial 6 hours, then score routinely every 4 hours if pain score remains less than 4/10.
- Score hourly if pain score is greater than 4.

**Faces Pain Scale:** Suitable for children > 3years:

- Get patient to point to the face that shows how much they hurt.

**Visual/Verbal Analogue Scale:** Suitable for children > 5 years: (check that they know their numbers)

- Get patient to say how much they hurt on a scale 0-10, with '0' being no pain and '10' being the worst pain imaginable.

[illegible]

**CONTACT PAIN CNS (Bleep 8300) or ANAESTHETIST on-call (Bleep 8528) in the event of ongoing pain problems.**



## Addressograph

[illegible]

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