PAIN ASSESSMENT CARD

Pain Scale

Least possible pain — Worst possible pain

Put a mark on the line to show how much pain there is.

Relief Scale

No relief of pain — Complete relief of pain

Put a mark on the line to show how much relief you get.

Mood Scale

Worst mood — Best mood

Put a mark on the line to show your mood.

Pain Description Scale

Moderate — Just noticeable

Strong — No pain

Mild

Excruciating — Severe

Weak

Circle the word that best describes your pain.

Memorial Sloan-Kettering Cancer Center Pain Assessment Card. Used with permission.

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