Looking at Pain in a Different Way

If you have pain, we are asking you to tell us on a pain scale how much you hurt. Using a scale will help your health care team know more exactly how much pain you have. You can use either the Numbers Pain Scale or the Faces Pain Scale. By using a scale we will be able to understand your level of pain from day to day. We can also know if pain medicine is helping.

### Numbers Pain Scale

![Numbers Pain Scale](image)

- **0**: NO HURT
- **1-2**: HURTS LITTLE BIT
- **3**: HURTS LITTLE MORE
- **4**: HURTS EVEN MORE
- **5**: HURTS WHOLE LOT
- **6-10**: HURTS WORST

- none
- mild
- moderate
- severe

### Faces Pain Scale

![Faces Pain Scale](image)

- **0**: NO HURT
- **1-2**: HURTS LITTLE BIT
- **3**: HURTS LITTLE MORE
- **4**: HURTS EVEN MORE
- **5**: HURTS WHOLE LOT
- **6-10**: HURTS WORST

- none
- mild
- moderate
- severe

**Setting a goal for your pain level**

- You may have some pain even when you take pain medicine. Find a place on the pain scale where you are comfortable enough to do your day to day activities. This is your pain goal.
- If your doctor or nurse gives you pain medicine in the hospital or a prescription to take at home, it is a good idea to rate your pain on the scale. Rate yourself before you take the medicine and then afterward to see how much it helps.
- Tell your doctor or nurse if the pain medicine you are taking does not help or makes you feel dizzy or sick.
- For patients who are not able to tell us about their pain, the health care team will observe and consider the need for pain medicine. Please tell the health care team if you see signs that the patient you are with seems in pain.