

# Pain Intensity Instruction Sheet

**Note your current level of pain intensity by number.**

Pain Intensity	None	Mild			Moderate				Severe		
	Pain Level	0	1	2	3	4	5	6	7	8	9
Pain Level	No Pain	Annoying pain level only.			Pain levels now cause you to slow down.				Pain levels must limit your ability to perform some activities.		
The effect that pain has on your ability to perform activity		You are aware of some discomfort.			You are able to do activities at home and work, but they take you longer to do or you need to take breaks.				You must have some inability to do certain activities.		
How does the pain feel?		Ache, Dull Soreness, Stiffness.			Hurting pain, very sore, limited motion.				Sharp pain, stabbing or jabbing pain.		
		Able to perform all activities.			May be unable to do very demanding activities.				Must have some difficulty sleeping.		

**A level 10 pain is equal to the most severe pain you can have!**

**A level 10 pain equates to having a baby, a severe toothache or passing a kidney stone type of pain!**

Doctor, this color pain Numeric Analog Scale can be printed on any color printer as long as it has one-half margin abilities. Most newer color printers will work fine. If you do not have a color printer at your office, you can take the CD to Kinko's or Copy Max, or other company and have them print color copies. You may have a color printer at home or one of your employees may have a color printer that can print this form for you. Once you have printed a copy, place it in a plastic 8.5 x 11 inch holder that stands upright for your patients to see when filling out their pain severity levels.

It is important for the doctor's staff to remind patients that if they have a 4 level pain or greater, that there has to be some degree of disability. If the patient is able to do all work and home activities with no restrictions, and the pain is described as an annoyance, then the pain severity is defined as mild and should fall in the 1-3 level. The numbers from this graph can be used on the graph that has been provided in the forms. I suggest that recent injury cases have their pain levels documented every two weeks.