

When Will You be Asked to Rate Your Pain?

Your health care providers will ask you frequently if you are having pain. The first time they ask about your pain, the pain rating scale will be explained to you.

Before you are given a treatment for your pain, your health care provider will ask you to rate how much pain you are having.

After the treatment, you will be asked to rate your pain again using the same pain scale. This helps health care providers know if the treatment was helpful and how much it helped.

You should also think about how much pain would be acceptable to you and still allow you to do the activities that are important to you right now.

Tell your health care provider when you are having pain. Ask questions if you do not understand how the pain rating scale works.



Take Time to Rate Your Pain

Practice using the pain rating scale:

On a scale of 0 to 10, what is your pain when it is the worst? _____

On a scale of 0 to 10, what is the amount of pain you will tolerate? _____

On a scale of 0 to 10, what is your pain after something is given to you to help ease your pain? _____

Talk to Your Health Care Provider

If, after reading this brochure, you do not understand how to describe your pain, please ask your health care provider to explain the pain scale to you in further detail.

Your health care provider will work with you to try to find appropriate treatment for your pain.

***For More Information,
Contact:***



**Saskatchewan
Health Authority**

Understanding Pain Scores



***... Using a
Pain Rating Scale***

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Healthy People, Healthy Saskatchewan

Understanding Your Pain

Pain is familiar to all of us. It can change from 'no pain' to 'the worst possible pain.'

When pain is not controlled, it can lead to problems like loss of appetite, poor sleep, difficulty with movements and poor mood.

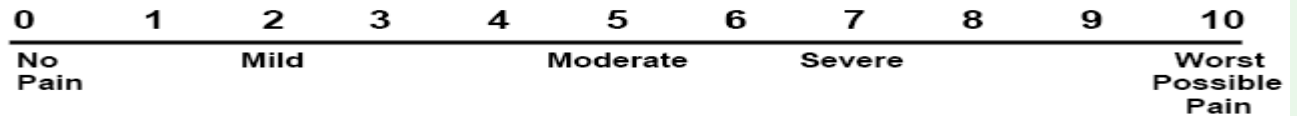
Often, pain can be relieved with treatment. Treatments may include medications, heat/cold, exercises or movements, electrical devices, positioning, braces/splints, and things you can do for yourself such as breath control, imagery, or distraction.



The Pain Rating Scale

A pain rating scale is a way you can describe how much pain you are feeling.

Numerical Rating Scale



Common Questions about the numerical rating scale:

Why use a number?

A number is a simple way to communicate about something that is complex. We use the number to track changes over time, but it will not be the only way we talk about your pain.

What does the number mean?

The number itself is just a starting point – you can give any number you want, but when you tell us your pain goes from a 4 to an 8, we now have a better sense of how much worse it is. If it goes from a 4 to a 1, we know that it is a lot better. It is the change that matters, not the first number.

How do people typically score pain?

0 = no pain
1 to 3 = mild
4 to 6 = moderate
7 to 10 severe
Greater than 10 = I am desperate

Will my score be compared to others?

No. How we score pain depends on what we have experienced and learned about pain over time. Your 4/10 may even change across your lifetime and that is okay. Your score will only be compared to other scores you have given, not to other people's scores.