

This document is formatted for use as a pocket-sized pain scale. Copy column 1 and column 2 on opposite sides of paper, laminate and provide for individual use.

Numeric Rating Scale

Point to the number that best represents the intensity of your pain NOW

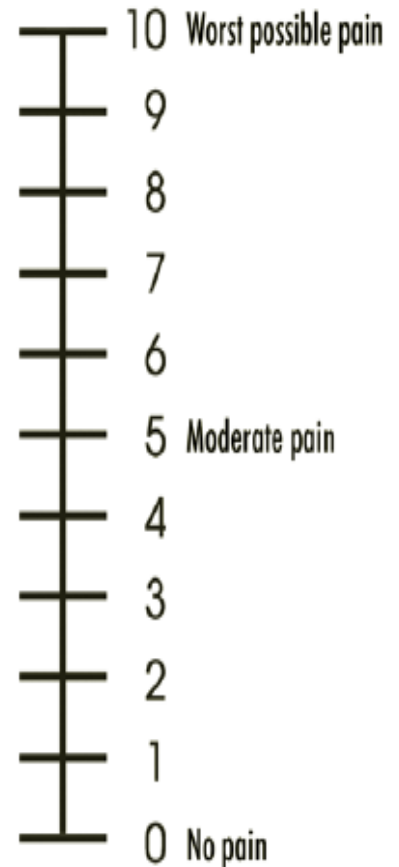
NUMERIC RATING SCALE (NRS)

- **Numeric Rating Scale**

Use: Have the individual point to or state the number that best shows how bad his or her pain is NOW

- **Numeric Rating Scale**

Scoring: Document the numerical value indicated by the individual. Evaluate the pain intensity over time to determine the effectiveness of pain treatments and need for changes in treatment.



0-10 Numeric Pain Intensity Scale