

Verbal Descriptor Scale (Pain Thermometer)

Pain intensity rating scale recommended for use with all older adults, regardless of cognitive ability. Often preferred by older adults, and demonstrated good psychometric properties in older adults with considerable cognitive impairment. This scale requires either verbal ability or the ability to point to the descriptor on the thermometer most closely representing their pain.

This tool 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.

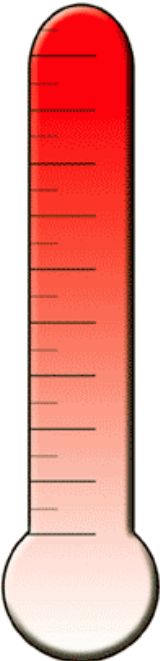
PAIN THERMOMETER SCALE

- **Pain Thermometer Use:**
Good for use with any patient, including those with moderate to severe cognitive impairment or who have difficulty communicating verbally. Have the patient point to the word on the thermometer that best shows how bad or severe their pain is NOW
- **Pain Thermometer Scoring:** Document the words that the elder points to on this tool. Evaluate the change in pain words selected by the elder over time to determine the effectiveness of pain treatments.

(Herr & Mobily, 1993)

Pain Thermometer Scale

Point to the words that best show how bad or severe your pain is NOW



Pain as bad as could be

Extreme pain

Severe pain

Moderate pain

Mild pain

No pain

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