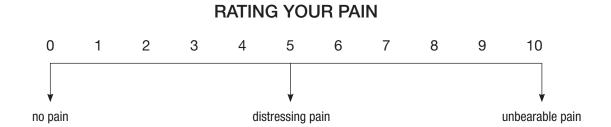
Describing Your Pain

Members of your care team will use two different scales to better understand how you are feeling. This will allow them to be consistent in helping you feel better.

- 1. On a scale of 0 to 10, with 0 being no pain and 10 being unbearable pain, how do you feel?
- 2. Which face best describes what you are feeling?



CHOOSE THE FACE THAT BEST DESCRIBES HOW YOU FEEL



Describing the Pain So We Can Help You

- Where in the body is the pain located?
- When did the pain begin?
- What does the pain feel like?
- Is the pain continuous or does it occur on and off?
- Does the pain stay in one area or move around?
- Is the pain mild or severe?
- Which word(s) best describe(s) the pain? (e.g., shooting, burning, stabbing, aching, etc.)

On the following pages you will find a pain chart to help you track how you feel.