

# Instructions:

## How to use a pain scale

### What is a Pain scale?

A pain scale is a communication aid that supports someone to **self-report** on the **severity, type and location** of their pain. Someone might use a pain scale if they are non-speaking, or if they benefit from using visuals to support their communication for any reason. Pain scales can help with accurate diagnosis, development of treatment plans and assess the effectiveness of care.

There are 2 components in this Pain scale set

- **HUMAN BODY:** To communicate the location of pain
- **PAIN SCALE:** To communicate information on the severity and type of pain

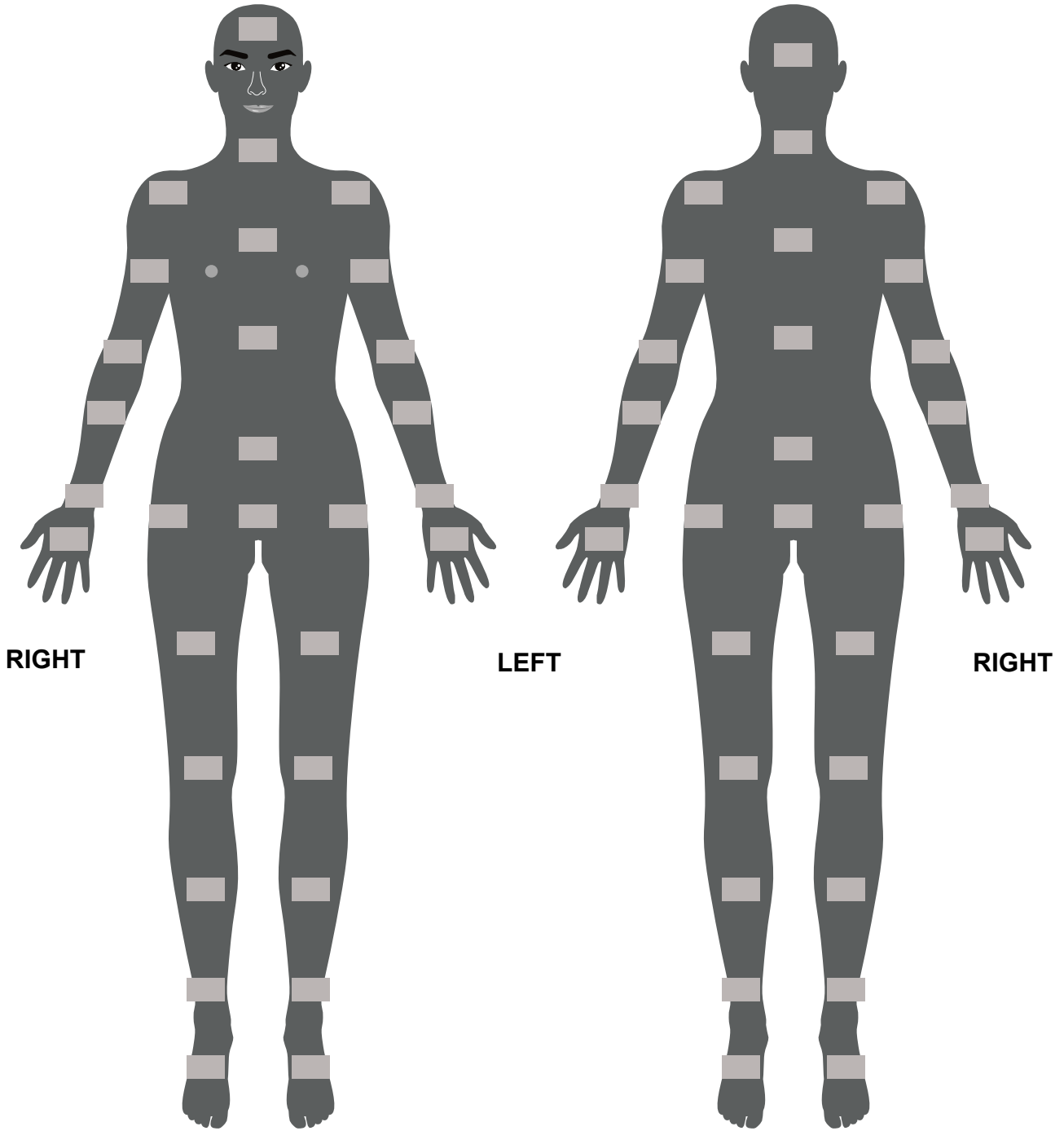
### How to use a pain scale:

- Place the pain scale on a flat surface in front of the person. Ask the person to point to where they have pain, and to rate the pain. Ask one question at a time.
- If they are unable to point to the scale, ask them if they would like to use the scanning method. This is where you ask the person, “is your pain here?”, while pointing to different areas of the body image. Work through each area of the body until you determine the location of their pain. You can also do this with the scale, by asking, “is this your level of pain?” while pointing to the numbers or faces. You can say the area of the body and the number on the scale aloud as you work through them if that is helpful for the person.
- Check with the person that you have gotten the message right by repeating it back to them. For example, “the pain in your stomach is an 8 out of 10, is that correct?”

# Pain Scale

FRONT VIEW

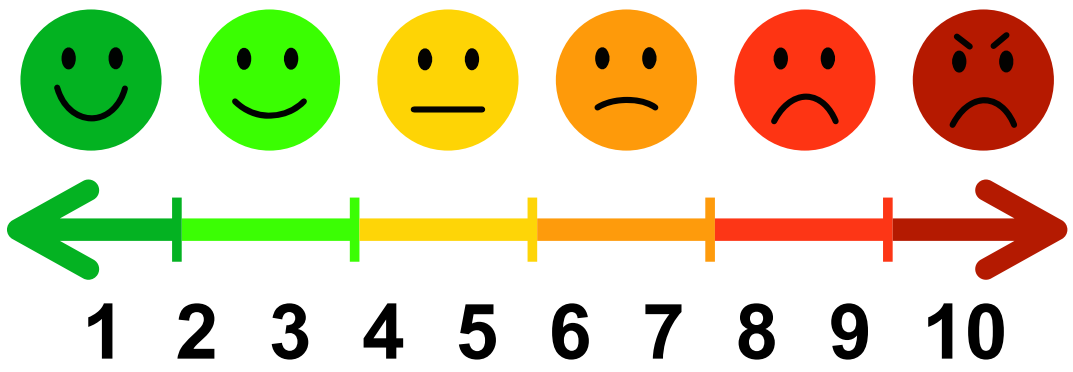
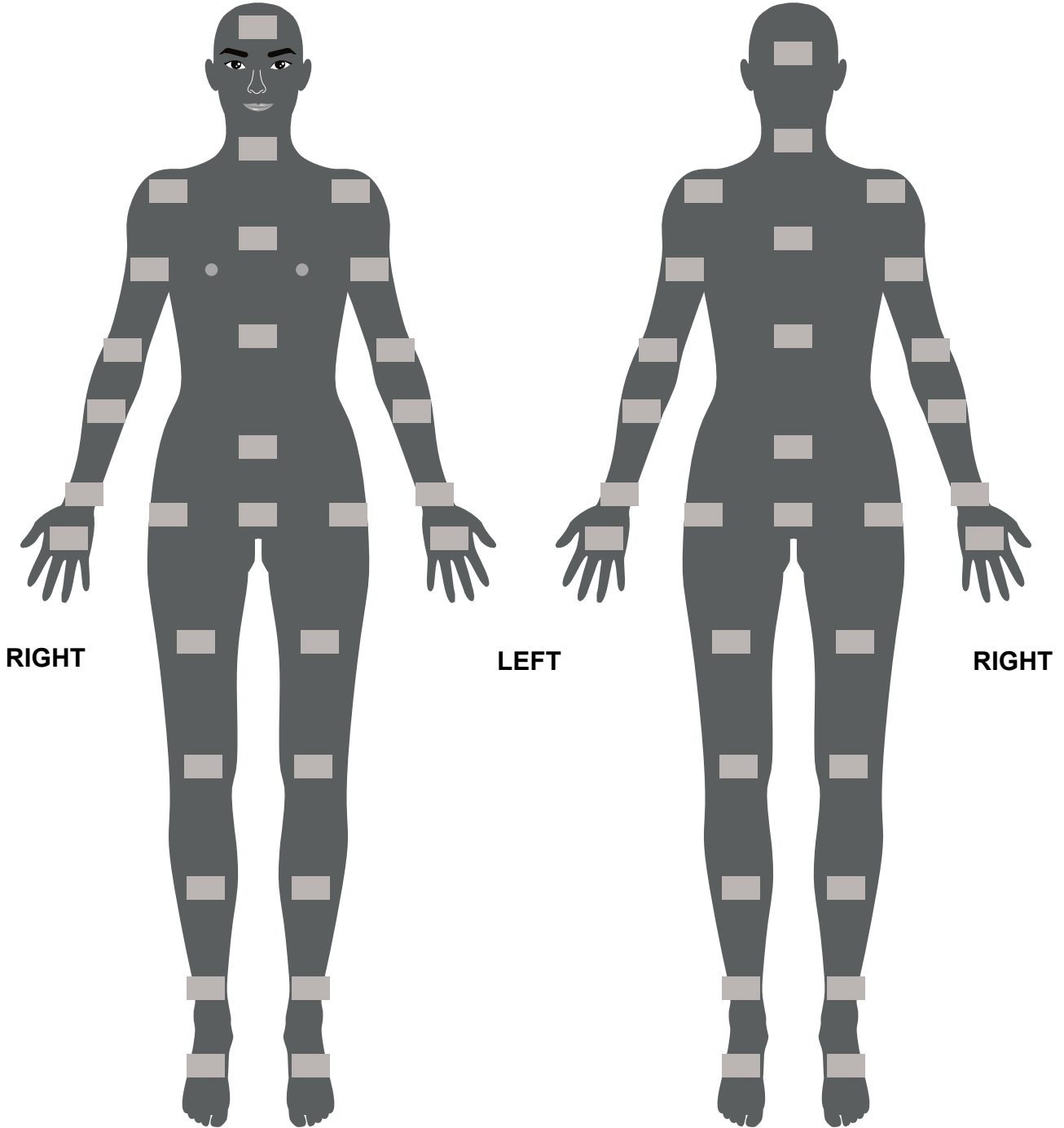
BACK VIEW



# Pain Scale

FRONT VIEW

BACK VIEW



# Pain Scale

