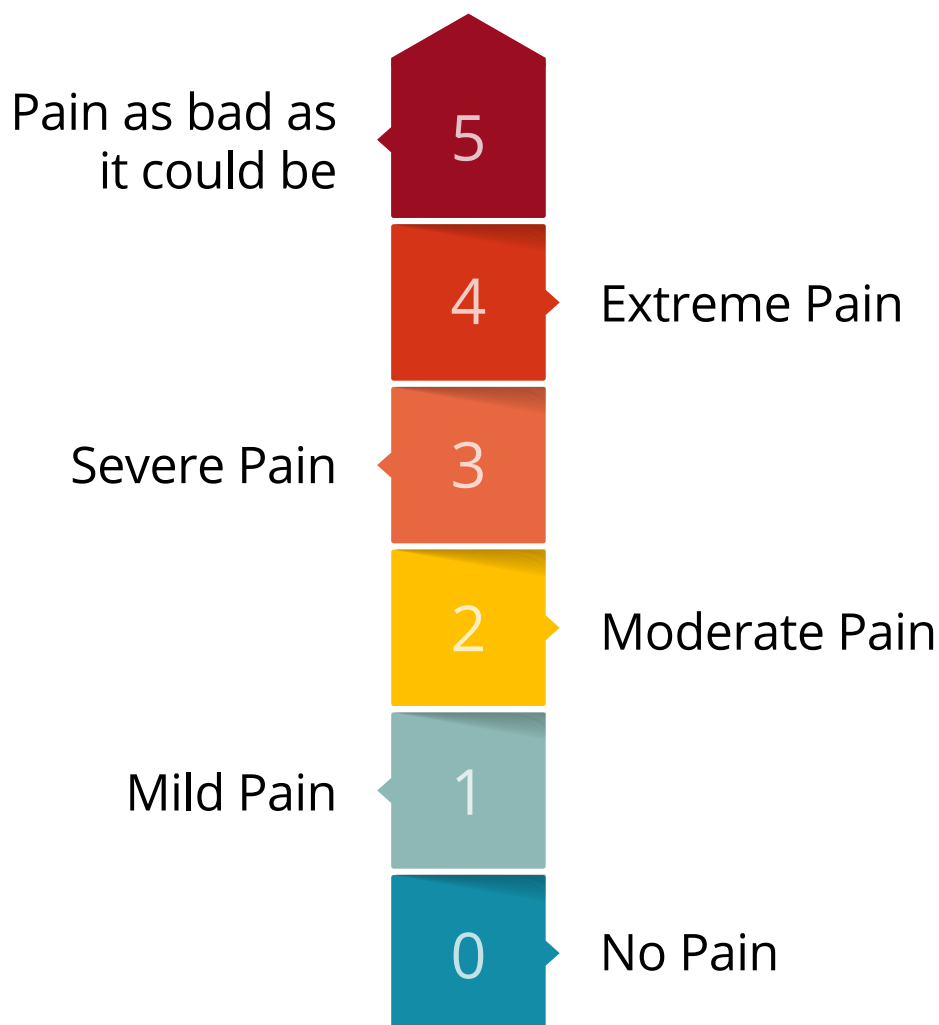


## Activity 2.2: Pain Scale<sup>8</sup>

Instructions for use: Ask the person who is experiencing pain to pick the number or description that best describes the severity of their pain right now. Write down the date, time and level of pain in a daily pain diary (See Tool 2.3: Daily Pain Diary).

# Pain Scale



<sup>8</sup> Adapted from Herr, K., and Mobily, P. (1993). *Comparison of selected pain assessment tools for use with the elderly*. *Applied Nursing Research*, 6(1), 39-46.