

# Pediatric Pain Assessment Scale



## Pain Assessment Scale Key:

**0 = No Hurt**

**1-3 = Hurts Little Bit** – MILD PAIN ANNOYING – pain is present but does not limit activity

**4-5 = Hurts Little More** – NAGGING PAIN, UNCOMFORTABLE, TROUBLESOME – can do most activities with rest periods

**6-7 = Hurts Even More** – MISERABLE, DISTRESSING – unable to do some activities because of pain

**8-9 = Hurts Whole Lot** – INTENSE, DREADFUL, HORRIBLE – unable to do most activities because of pain

**10 = Hurts Worst** – WORST PAIN POSSIBLE, UNBEARABLE – unable to do any activities because of pain

# Adult Pain Assessment Scale



**0**

No  
Pain

**1**



**2**

Mild  
Pain

**3**



**4**

Moderate  
Pain

**5**



**6**

Severe  
Pain

**7**



**8**

Very  
Severe  
Pain

**9**



**10**

Worst  
Possible  
Pain

## Pain Assessment Scale Key:

**0 = No Pain**

**1-3 = Mild Pain** – MILD PAIN ANNOYING – pain is present but does not limit activity

**4-5 = Moderate Pain** – NAGGING PAIN, UNCOMFORTABLE, TROUBLESOME – can do most activities with rest periods

**6-7 = Severe Pain** – MISERABLE, DISTRESSING – unable to do some activities because of pain

**8-9 = Very Severe Pain** – INTENSE, DREADFUL, HORRIBLE – unable to do most activities because of pain

**10 = Worst Possible Pain** – WORST PAIN POSSIBLE, UNBEARABLE – unable to do any activities because of pain