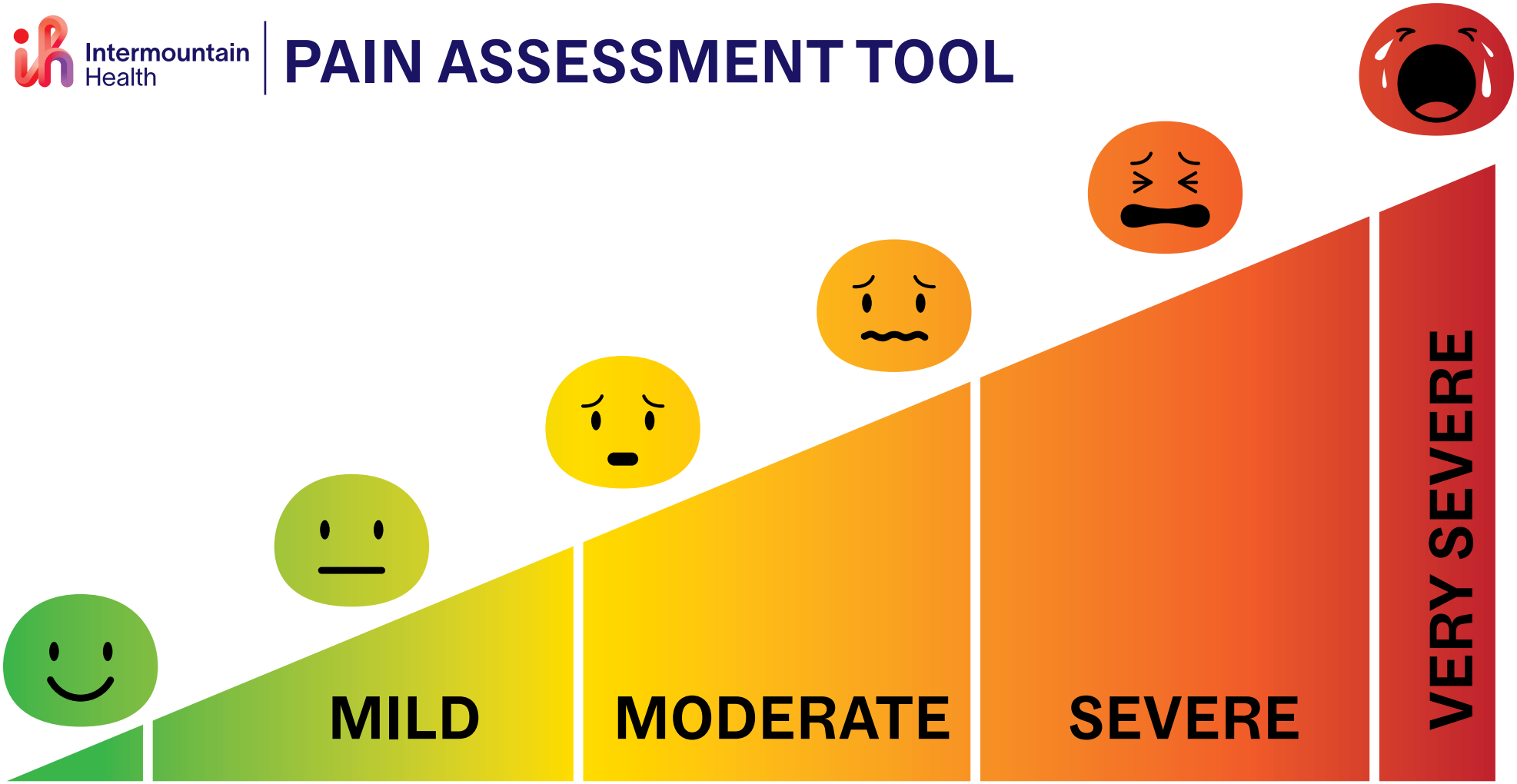
Intermountain Health

PAIN ASSESSMENT TOOL



0	1	2	3	4	5	6	7	8	9	10
No pain	Hardly notice pain It's more like minor discomfort	Slightly aware of pain but mostly don't think about it	Somewhat aware of pain Easy to take mind off it Doesn't get in the way of doing things	Quite aware of pain Not as easy to take mind off it	Very aware of pain May get in the way of doing things Hard to sleep or rest	Hard to take mind off pain Hard to find a comfortable position	Restless, fidgety Can't take mind off pain Can't find a comfortable position	Don't want to talk with people or text Don't want to eat Can hardly sleep or rest	Very hard to talk with people or text Pain is all I can think about Sometimes cry out	Not at all able to talk with people or text Not at all able to eat, sleep or rest May cry out uncontrollably

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