Intermountain PAIN ASSESSMENT TOOL



VERY SEVERE



MILD

MODERATE

SEVERE

0

No pain

Hardly notice pain It's more like minor discomfort 2

Slightly aware of pain but mostly don't think about it 3

Somewhat aware of pain Easy to take mind off it

Doesn't get in the way of doing things 4

of pain

Not as easy
to take mind
off it

Quite aware

Very aware

of pain

May get in
the way of
doing things

Hard to sleep

or rest

6

Hard to take mind off pain

Hard to find a comfortable position

Can't take mind off pain

Can't find a

Can't find a

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

S

Very hard to talk with people or text Pain is all

I can think about

Sometimes cry out

10

Not at all able to talk with people or text

Not at all able to eat, sleep or rest

May cry out uncontrollably