How is Your Pain?

Everyone experiences pain differently. The scale below helps us to more effectively assess your pain. Please let us know how your pain rates and what rating is comfortable for you. This will help your healthcare team plan care that fits your needs.

Please ask for pain medication BEFORE it becomes intolerable, before a potentially uncomfortable procedure (such as a dressing change) or a therapy session. Be sure to let your caregivers know if your pain continues after treatment. If you need additional comfort items or have any further questions, please don’t hesitate to ask.

Defense and Veterans Pain Rating Scale

RUSH OAK PARK HOSPITAL

Your Menu of Personal Comfort & Pain Control Options

arapmi.org/research.html (Accessed October 2012)
Your comfort and controlling your pain are important to us. We hope this menu will help you and your healthcare team to better understand your pain and recovery goals. Please discuss your pain control goals and comfort options with your doctor and nurse. If you need additional items or have any questions, please ask. Thank you for choosing us.