Wong-Baker FACES Pain Rating Scale

0 = VERY HAPPY, NO HURT
1 = HURTS JUST A LITTLE BIT
2 = HURTS A LITTLE MORE
3 = HURTS EVEN MORE
4 = HURTS A WHOLE LOT
5 = HURTS AS MUCH AS YOU CAN IMAGINE
(Don't have to be crying to feel this much pain)

Explain to the person that each face is for a person who feels happy because he has no pain (no hurt) or sad because he has some or a lot of pain. Face 0 is very happy because he doesn't hurt at all. Face 1 hurts just a little bit. Face 2 hurts a little more. Face 3 hurts even more. Face 4 hurts a whole lot. Face 5 hurts as much as you can imagine, although you don't have to be crying to feel this bad. Ask the person to choose the face that best describes how he is feeling.

PAIN ASSESSMENT QUESTIONS

Quality
How does your pain feel?
aching sharp tingling burning dull
numb throbbing pricking pressing pulling

Intensity
Using an assessment scale above: What number/picture best describes your pain?

Location
Where on your body is your pain?

Duration
Is pain always there? Does it come and go (breakthrough pain)?

Triggers
What positions, activities, or situations: Make the pain worse? Make the pain better?

Effects
How has the pain affected important parts of your life?
relationships eating energy work
sleep recreation moods

Do you have any symptoms in addition to pain?
nausea/vomiting weakness constipation
sleepiness/confusion itching problems with urination

Knowledge
What do you understand about your pain and its causes?
Have you ever seen educational materials about pain?
Have you taken any medicine for pain?
Have your tried any non-drug therapies for pain?