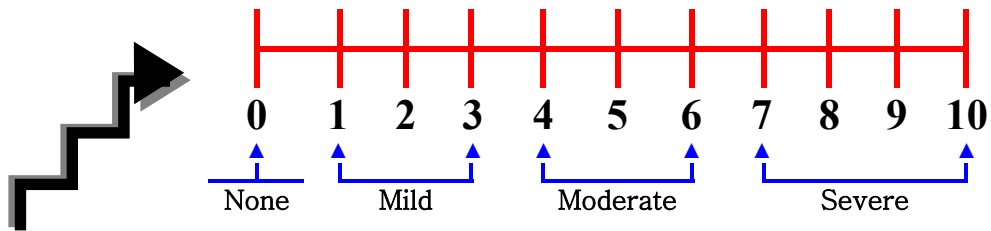


NATIONAL INSTITUTES OF HEALTH  
WARREN GRANT MAGNUSON CLINICAL CENTER

PAIN INTENSITY INSTRUMENTS  
JULY 2003

**0 – 10 Numeric Rating Scale** (page 1 of 1)



**Indications:** Adults and children (> 9 years old) in all patient care settings who are able to use numbers to rate the intensity of their pain.

**Instructions:**

1. The patient is asked any one of the following questions:
  - What number would you give your pain right now?
  - What number on a 0 to 10 scale would you give your pain when it is the worst that it gets and when it is the best that it gets?
  - At what number is the pain at an acceptable level for you?
2. When the explanation suggested in #1 above is not sufficient for the patient, it is sometimes helpful to further explain or conceptualize the Numeric Rating Scale in the following manner:
  - 0 = No Pain
  - 1-3 = Mild Pain (nagging, annoying, interfering little with ADLs)
  - 4-6 = Moderate Pain (interferes significantly with ADLs)
  - 7-10 = Severe Pain (disabling; unable to perform ADLs)
3. The interdisciplinary team in collaboration with the patient/family (if appropriate), can determine appropriate interventions in response to Numeric Pain Ratings.

**Reference**

McCaffery, M., & Beebe, A. (1993). Pain: Clinical Manual for Nursing Practice. Baltimore: V.V. Mosby Company.