

Numerical Pain Rating Scale

You may experience some pain from cancer or cancer treatment. Only you know how much pain you have. You need to be able to describe your pain to your health care team, as well as to your family or friends.

Describe How Much Pain You Feel

Using a pain rating scale, like the one below, is helpful in describing how much pain you are feeling.

No pain			Moderate pain				Worst pain			
0	1	2	3	4	5	6	7	8	9	10

Try to assign a number from 0 (zero) to 10 (ten) to your pain level. If you have no pain, use 0. As the numbers get higher, they stand for pain that is getting worse. A 10 means the pain is as bad as it can be.

You can use a rating scale to describe:

- how your pain feels at its worst.
- how your pain feels most of the time.
- how your pain feels at its least.
- how your pain changes with treatment.