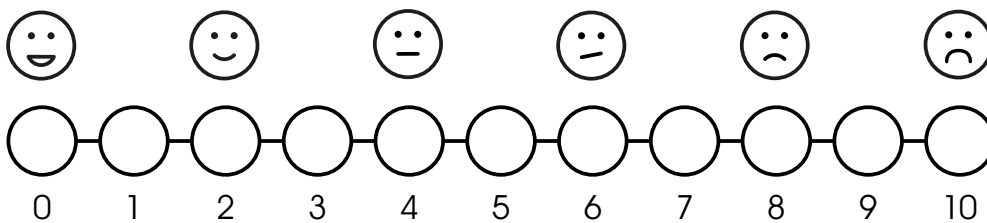


# Pain assessment guide

## The Pain scale.\*

Ask your patient which statements best describe their pain to rate it on this scale. Use this information to help you assess the severity and impact of pain. The higher the pain score, the worse your patient's pain.



Mild pain	Moderate pain	Severe pain
Pain does not interfere with your regular activities	Pain interferes with your regular activities	Pain stops you from carrying out regular activities
Can be ignored Uncomfortable Tolerable, but unsettling Can adapt to pain	Hard to concentrate at times Can't ignore pain but can still carry out some activities Unable to adapt to pain	Bed rest required Difficulty with basic activities (e.g. walking, dressing) Debilitating Can't function independently

## 9 most common types of everyday pain that people experience:<sup>2,3</sup>

- Headache
- Migraine
- Tension headache
- Toothache
- Sore throat
- Muscle ache
- Period pain
- Joint pain
- Tendon/ligament /bone pain

## Use OTC cautiously in case of:

- Other concurrent medications, including natural remedies
- Allergies
- Pre-existing medical conditions
- Smoking/alcohol consumption
- Age related considerations >65<sup>4,5</sup>

\* Pain scale is adapted from Universal Pain Assessment Tool (Numeric | Rating Scale, Wong-Baker Face Pain Scale, Verbal Rating Score, | Activity Tolerance Scale), and Indiana Polyclinic Combined Pain Scale

**References:** 1. The Pharmaceutical Journal. 2021. How to conduct an effective joint pain management consultation in a community pharmacy setting - The Pharmaceutical Journal. Available at: [https://pharmaceutical-journal.com/article/ld/how-to-conduct-an-effective-joint-pain-management-consultation-in-a-community-pharmacy-setting#fn\\_link\\_4](https://pharmaceutical-journal.com/article/ld/how-to-conduct-an-effective-joint-pain-management-consultation-in-a-community-pharmacy-setting#fn_link_4). Last accessed November 2022. 2. Hagen, M. and Alchin, J. Nonprescription drugs recommended in guidelines for common pain conditions. *Pain Management, Pain Manag.* 2019;10:2. 3. GSK data on file, Global Pain Index 2020. 4. Barkin RL. Pharmacist's evolving role in the nonopioid, over-the-counter, analgesic selection process. *Am J Ther.* 2015;22(6):423-30. 5. Hunt RH, Choquette D, Craig BN, et al. Approach to managing musculoskeletal pain: acetaminophen, cyclooxygenase-2 inhibitors, or traditional NSAIDs? *Can Fam Physician.* 2007;53(7):1177-84.

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