

Pain Rating Scale

The Wong-Baker Faces Pain Rating Scale is used in most doctors offices, and is particularly helpful for patients who may be cognitively impaired. It offers a visual description for those who don't have the verbal skills to explain how their symptoms make them feel. You can explain that each face shows how a person in pain is feeling. That is, a person may feel happy because he or she has no pain (hurt), or a person may feel sad because he or she has some or a lot of pain.

Helpful Instructions

- Point to each face using the words to describe the pain intensity
- Have your loved one choose the face that best describes how he or she feels
- Make note of the pain, with the date, and any other symptoms that occurred and keep this information in your medical records or journal
- Bring your notes to your next appointment, or refer to them when on the phone with the nurse

You may find it helpful to fold this paper here and use the scale
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with your loved one to gauge his or her pain.



0
NO
HURT



1
HURTS
LITTLE BIT



2
HURTS
LITTLE MORE



3
HURTS
EVEN MORE



4
HURTS
WHOLE LOT



5
HURTS
WORST

Face 0 is very happy because he or she 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.