

Pain Thermometer

Instructions: This tool may be used with patients who have moderate to severe cognitive impairments, or who have difficulty communicating verbally. Have the patient place a check mark (✓) on the thermometer to indicate his/her current level of pain.

Scoring: Assign a corresponding number to the pain descriptor selected by the patient and keep a record of it. A response of "No Pain" is given a value of zero, whereas a response of "Pain as Bad as It Could Be" is given a value of six. You may either compute the patient's mean pain level over time or choose instead to track the pain score of the descriptor selected by the patients and determine whether it decreases over time.

Sources:

- Herr KA, Garand L. Assessment and measurement of pain in older adults. *Clin Geriatr Med*. 2001 Aug;17(3):457-78, vi.
- Herr KA, Mobily PR. Comparison of selected pain assessment tools for use with the elderly. *Appl Nurs Res*. 1993;6(1):39-46.
- Young DM, Menten JC, Titler MG. Acute pain management protocol. *J Gerontol Nurs*. 1999;25(6):10-21.

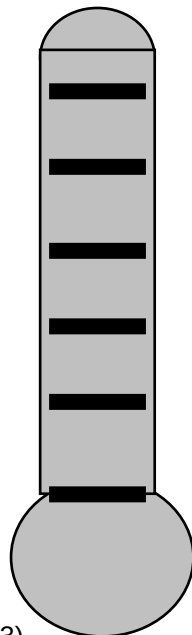
Pain Thermometer

Patient's Name: _____

Date: _____

Instructions: Please place a check on the thermometer to indicate the amount of pain you are experiencing.

Pain Thermometer



Pain as bad as it could be

Extreme pain

Severe pain

Moderate pain

Mild pain

Slight pain

No pain

(Herr and Mobily, 1993)