

Pain Scale (0-10 Numeric Rating Scale)

0	No pain: no pain at all
1	Very mild: barely noticeable, easy to ignore
2	Mild: noticeable, minor annoyance
3	Mild: nagging, interferes little with activities
4	Moderate: hard to ignore, interferes with some activities
5	Moderate: interferes with daily activities
6	Moderate: significantly interferes with daily activities
7	Severe: dominates attention, limits most activities
8	Severe: unable to do most daily activities
9	Severe: disabling, hard to think of anything else
10	Worst possible: worst pain imaginable

Interpretation

0	No pain. The patient reports no pain. Keep reassessing on schedule and with any change in condition.
1-3	Mild pain. Mild pain that interferes little with activities. Compare with the patient's comfort goal and use comfort measures or ordered treatment as needed.
4-6	Moderate pain. Moderate pain that interferes with daily activities. Treat per orders or notify the provider, then reassess within your policy's time frame.
7-10	Severe pain. Severe pain that limits most activities. Act promptly, look for a new or worsening cause, notify the provider, and reassess closely.

Total score: _____ Date: _____ Assessed by: _____

No single original author; the NIH Clinical Center version cites McCaffery & Beebe, 1993. Sources: NIH Clinical Center 0-10 Numeric Rating Scale (WA DSHS copy); Shirley Ryan AbilityLab: Numeric Pain Rating Scale; Nursing Fundamentals: Pain Assessment Methods; Wong-Baker FACES Foundation. Free calculator and full guide: nursingscales.com/pain-scale/ · Educational material; does not replace clinical judgment or facility protocols.