

Pain: Numeric Rating Scale (NRS) Cheat Sheet

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Introduction

Instructions detailing the use of the numeric rating scale (NRS) to assess pain intensity for persons able to self report.

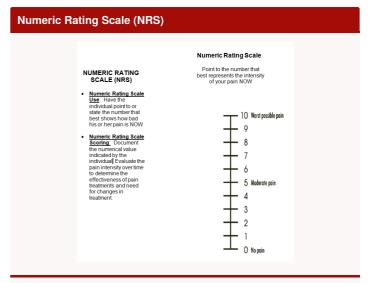
Numeric Rating Scale (NRS) Instructions

Purpose: To assess pain intensity in persons who are able to self report.

When to Use:

- 1. At initial intake/admission to services.
- 2. For an older adult in pain, assess at least every 8 hours an older adult in pain, assess at least every 8 hours.
- 3. Any time a change in pain status is reported.
- 4. One hour following a pain intervention to assess effectiveness.
- 5. For older adults residing in long term health care settings, assessments should be completed at each quarterly review.

How to Use: Ask individual to point to the number on the Numeric Rating Scale that best represents the intensity of their pain NOW. **Documentation:** Document/record all scores in a location that is readily accessible by others on the health care team.



Credit: Keela Herr, PhD, RN, FAAN, AGSF



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