

Site Applicability

BC Children's Hospital and BC Women's Hospital + Health Centre

Patient Population

- 5 years of age and greater; verbal, self-assessment

Note: Child's cognitive abilities have been found to be a better predictor in successful performance in the use of the VAS than chronological age.

Indication

- For use with acute and complex pain
- For use in all patient care settings who are able to use numbers to rate the intensity of their pain.
- Useful in assessing the pain intensity and the response to pain management as it can indicate whether pain has improved or worsened.

Objectives

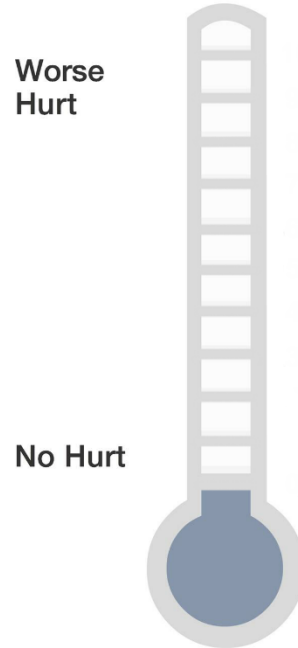
A pain tool provides a baseline and ongoing subjective measurement of a person's pain intensity score over time, to inform decision making around the management of pain

Self-report measures, are the most important indicators of the intensity of pain, as only the person knows exactly how much pain they are experiencing.

How to use the Visual Analog Scale

1. Explain the Visual Analog Scale to the person and family/caregiver/supporter (if appropriate).
 - "No hurt" is at the bottom of the thermometer and the "worst hurt" is at the top.
 - As the thermometer line rises from the bottom it indicates more hurt.
2. Once the scale is explained, ask the person to point to the line, that shows how much hurt they are experiencing.
3. Each line on the thermometer represents a number from 0-10 and corresponds to a pain intensity score out of 10 (how much they hurt).
4. The patient can be prompted by the following questions:
 - Can you point to a line on the thermometer where your pain/hurt is right now?
 - At what line is the pain/hurt at an acceptable level for you?
5. The interdisciplinary team in collaboration with the person and family/caregiver/supporter (if appropriate), can determine the appropriate interventions in response to Visual Analog Scale pain score.
6. Document the pain score in the health record as per unit procedures and guidelines.

Pain Assessment Tool



Interpreting the score

0 =	Relaxed and comfortable
1–3 =	Mild discomfort
4–6 =	Moderate pain
7–10 =	Severe pain or discomfort or both

Documents

- [Pain and Comfort Policy](#)
- [Pain Assessment Standard](#)

Appendix

- Appendix A :Visual Analog Scale

References

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Developed By

C&W ChildKind Project

Version History

DATE	DOCUMENT NUMBER and TITLE	ACTION TAKEN
02-Feb-2021	C-0506-14-60958 Visual Analog Scale	Approved at: C&W Best Practice Committee

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APPENDIX A:

VISUAL ANALOG SCALE (VAS) – PAIN TOOL

