Patient Population

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

Indication

- For use with acute and complex pain

- For use in all patient care settings for patients who are able to point to a scale 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.
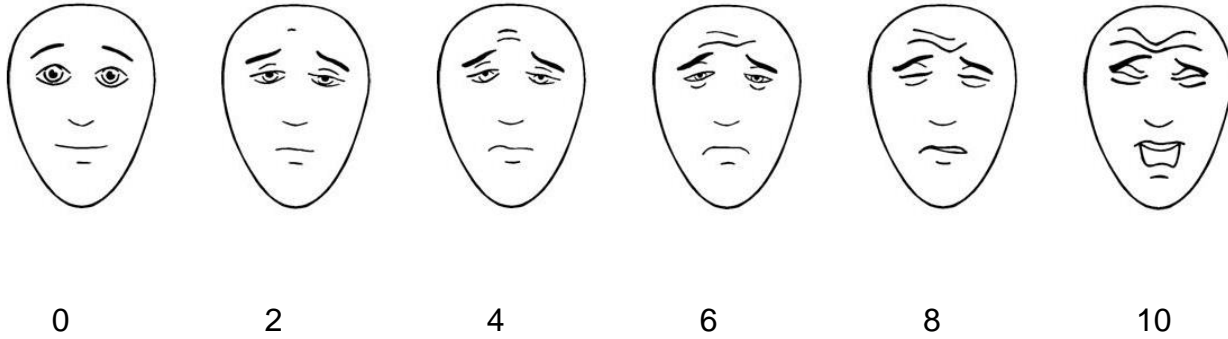
Objectives

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 Faces Pain Scale- Revised

1. Explain the Faces Pain Scale - Revised to the person.

   - "These faces show how much something can hurt.

   - This face [point to left-most face] shows no pain/hurt.

   - The faces show more and more pain/hurt [point to each from left to right] up to this one. [point to right-most face] it shows very much pain.

2. Do not use words like "happy" and '"sad." This scale is intended to measure how children feel inside, not how their face looks.

3. After the scale is explained, ask the person which face best shows how much pain/hurt they feel. Ask:

   - Point to the face that shows how much pain/hurt you have right now?

   - Which face shows the pain/hurt that is Ok for you?

4. Each face on the scale represents a pain intensity number Score the chosen face 0, 2, 4, 6, 8, or 10, counting left to right, so "0" equals "No pain" and "10" equals "Very much pain." The numbers are for reference for the person assessing the pain not for the person in pain.

5. The interdisciplinary team in collaboration with the patient/family (if appropriate), can determine appropriate interventions in response to the patient's pain rating.

6. Document the pain score in the health record as per unit procedures and guidelines.

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Pain Assessment Tool

| 0 | 2 | 4 | 6 | 8 | 10 |

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

Faces Pain Scale Revised

Download the FPS-R instructions as a PDF for language translated versions

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APPENDIX A:

FACES PAIN SCALE REVISED (FPS-R) PAIN TOOL

[Download the FPS-R instructions as a PDF for language translated versions](#)

FPS-R - Australia/English - Version of 30 Jan 14 - Mapl.
ID7858 / FPS-R_AU2.0_eng-AU.doc

Faces Pain Scale – Revised (FPS-R)

In the following instructions, say "hurt" or "pain", whichever seems right for a particular child.

"These faces show how much something can hurt. This face *[point to face on far left]* **shows** <u>no pain</u>**. The faces show more and more pain** *[point to each from left to right]* **up to this one** *[point to face on far right]* **- it shows** <u>very much pain</u>**. Point to the face that shows how much you hurt [right now]."**

Score the chosen face 0, 2, 4, 6, 8, or 10, counting left to right, so "0" = "no pain" and "10" = "very much pain". Do not use words like "happy" or "sad". This scale is intended to measure how children feel inside, not how their face looks.

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(fold along dotted line)

10	8	6	4	2	0

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