

Appendix 2: Numeric Rating Scale (NRS)

Once a comprehensive pain assessment is completed, a uni-dimensional pain assessment scale can be used for ongoing evaluation of pain intensity and the response to treatment.

Uni-dimensional assessments can be performed daily, or more frequently, if the information gained will be useful in guiding treatment.

Both a Numeric Rating Scale (NRS) and a Verbal Descriptor Scale (VDS) should be available and one or the other chosen on the basis of utility and resident preference. A reasonable approach may be to try a VDS first.¹

Numeric Rating Scale (NRS)

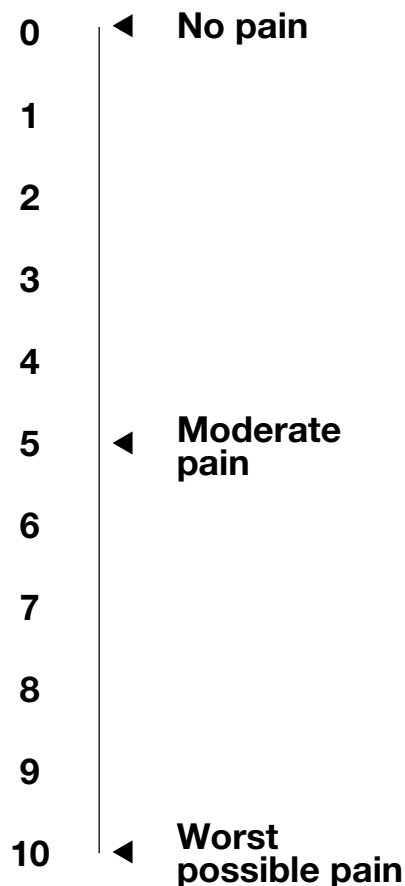
Both horizontal and vertical versions of the verbally-administered Numeric Rating Scale (NRS) are available. In using an NRS, the clinician simply asks the resident: "On a scale of zero to 10, with zero meaning no pain and 10 meaning the worst pain possible, how much pain do you have now?"¹

An NRS is known to be reliable and valid in older populations.

Examples of these NRS scales in the Vertical and Horizontal format are shown.

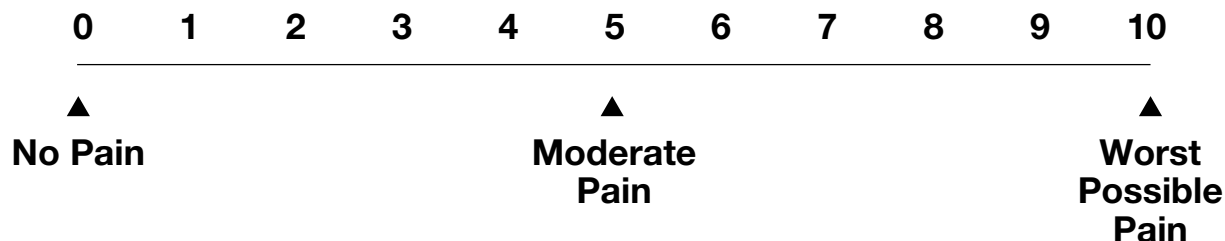
Item 2: 10 point Numeric Rating Scale (NRS)

Displayed Vertically



Item 1: 10 point Numeric Rating Scale (NRS)

Displayed Horizontally



1. The Australian Pain Society Pain in Residential Aged Care Facilities: Management Strategies, 2nd Edition 2018 Chapter 2 page 30