

Numerical Rating Scale (0-10)

The American Pain Society, in the pamphlet "Principles of Analgesic Use in the Treatment of Acute and Cancer Pain stated, " Most adults, as well as children over the age of seven, can score their pain intensity on a numerical scale (e.g. 0=no pain and 10=the worst pain imaginable)..." (p. 3).

The Agency for Health Care Policy and Research (AHCPR) states as one of its examples of a pain assessment tool, "numerical rating scale (NRS)..." the AHCPR also states, " each of these tools can be a valid and reliable instrument as long and the end points and adjective descriptors are carefully selected (Gracely and Wolskee, 1983, Houde, 1982, Sriwatankul, Kelvie, and Lasagna, 1992)." (1992, p. 12)

The Numerical Rating Scale (NRS) -May refer "to a verbally administered 0 to 10..."
"The patient is asked to rate pain from 0 to 10, with 0 equaling no pain and 10 equaling the worst possible pain" (McCaffery & Pasero, 1999, p. 63).

"The validity of the 0-10 NRS has been well established, and it is easy to score (Jensen, Karoly, 1992)." (McCaffery & Pasero, 1999, p. 65)

"In a study comparing the SDS, the VAS and the NRS, the correlation between the VAS and the NRS was strong, supporting the validity of the verbally administered 0 to 10 NRS (Paice, Cohen, 1997)." (McCaffery & Pasero, 1999, p. 65)

McCaffery states that the instructions can be administered "either verbally or in writing."
(McCaffery & Pasero, 1999, p.66)

Patient /Family Instructions - " On a pain rating scale, 0 means no pain and 10 means the worst possible pain. The middle of the scale around 5 is moderate pain. A 2 or 3 would be mild pain, but 7 and higher is severe pain." (McCaffery & Pasero, 1999, p. 74)

References:

Agency for Health Care Policy and Research, (1992). Acute pain management: operative or medical procedures and trauma.

American Pain Society, (1999). Principles of analgesic use in the treatment of acute and cancer pain (4th Ed.)

McCaffery, M. & Pasero C. (1999). Pain: Clinical Manual (2nd Ed.)