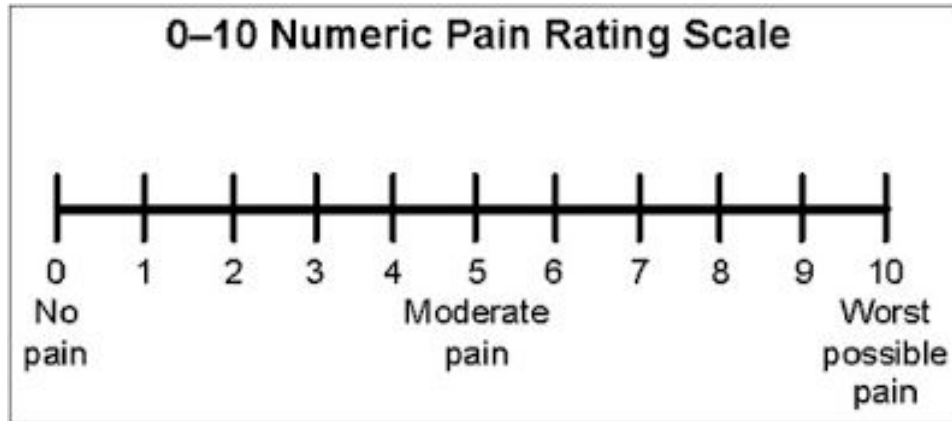


Numeric Pain Rating Scale



The patient is asked to make three pain ratings, corresponding to current, best and worst pain experienced over the past 24 hours. The average of the 3 ratings was used to represent the patient’s level of pain over the previous 24 hours.

Patient Instructions (adopted from (McCaffery, Beebe et al. 1989):

“Please indicate the intensity of current, best, and worst pain levels over the past 24 hours on a scale of 0 (no pain) to 10 (worst pain imaginable)”

3/10 LB sitting	Current	
1/10LB lying	Best	
7/10 sit to stand	Worst	
11/3= 3.7/10	Average (Total/3)	

Minimal Clinically Important Difference (MCID)

- 1 point for chronic musculoskeletal pain
- 1.5-2.2 points for low back pain
- 2 points for shoulder pain
- 1.7 points for chronic pain

McCaffery, M., Beebe, A., et al. (1989). Pain: Clinical manual for nursing practice, Mosby St. Louis, MO.