

Charles Scamahorn's Pain Scale



PAINS

A scale for measuring human pain.

^ This scale was created by

^ The standardized name of this new scale.

^ Symbol

^ Acronym

^ A short description of this scale. - 2006/04/13 - /PROBWAY/MetaScales/Pain/Pain.cdr

In publications please acknowledge that this scale is based on the Meta Scale System template for scaling

complex phenomena developed from Proba # 30 by Charles Scamahorn

probaway@gmail.com www.probaway.com

Labeled arabic numeral	Scalable graphic symbol	PAINS face Drawing	Common group and action term	Unique standard name	Level of pain reported by the sufferer.	Typical externally observed behavior at this level of pain.	Things to check for and do at this level of pain. This depends on the conditions of injury.	Counseling used to help deal with this level of pain until help comes.	Drugs and options used to help control this level of pain, tension, anxiety and depression.	PAINS levels of reduction and risks
PAINS~0			Face pleased	Facple	None. I can only feel pain if I look for it very carefully.	Person responds quickly and with interest even to trivial things that are within their world view.	Walk as much as possible and do other exercise frequently. When sedentary get up and do something as often as you can.	Live life fully; learn from others' mistakes; think ahead; avoid the things which have brought others to pain.	Coffee or tea will help ease tension but going for a walk once an hour and talking to someone for a while prevents many problems.	Avoid pain medications if no pain is being felt.
PAINS~1			Face attentive	Facaten	Slight, I can feel it when I look for it but not if I don't.	Person seem to be normal and is going about their daily life without any sign of discomfort.	This is generally the lower limit of pain most people experience in their daily life and it is ignored.	Life is fun and full of new and interesting things and it is good to explore out to one's limits, but observe them.	OTC Non-prescription Pain - Acetaminophen Tension - Benadryl @	2 PAINS less with a little risk of nausea.
PAINS~2			Face fretting	Facfret	Mild; I am only aware of it if I am not busy.	Person responds well to all normal stimulation but seems a bit more distant than normal.	A mild pain is always in the background of most people and they simply ignore it and do a little rubbing.	Are you doing something which is over-stressing some part of your physical or mental self? Should you avoid doing that?	NSAIDs Aspirin - Excedrin @ Ibuprofen - Advil @ Motrin @ Naproxen - Aleve @ Ketoprofen - Orudis @	2 PAINS but some risk of stomach bleeding
PAINS~3			Face worried	Facwor	Moderate, I don't notice it while walking briskly after a minute.	Seems to be quiet and doesn't offer much to a conversation without being directly engaged.	This pain is also within the normal range. Most people ignore it, complain some and take OTC pills and exercise.	What is it that you have done that has brought about this problem that is causing you pain? Can you avoid it?	Local anesthetics EMLA - Cream skin-number; Capsaicin - Dolorac @, Zostrix @ - Lidocaine - Lidoderm @	3 PAINS limited to skin pain.
PAINS~4			Face grimaced	Facgrim	Noticeable, even while walking briskly.	Seems to be more subdued than normal but will join fully into conversation; may avoid some actions.	When did this new pain begin? What were you doing when this new pain started? Do you think a brisk walk would help?	What is causing this pain? Is it something you did, or is it obscure and seeming to come out of nowhere? Tell me where.	Alternate hot/cold pads Message/physical therapy	Reduction of trauma
PAINS~5			Face clenched	Faclen	Uncomfortable, but I can ignore it when I need to do important things.	Noticeably more subdued than normal but will join fully into conversation; will avoid some actions.	Are there some things which you can't do because of the pain? What causes the pain to become sharp and lasting?	There is clearly something that has been over-stressed but is locating it and ending the problem difficult?	Antidepressants Tricyclic Antidepressants SSRIs NRIs - Wellbutrin @ SRM SNRIs - Cymbalta @	2 PAINS plus more added with use of other pain treatments.
PAINS~6			Hands clenched	Hanclen	Annoying, but I can do my daily chores without much difficulty.	Noticeable tense and defensive both physically and psychologically. Is closed off and avoidant.	How long have you had this level of pain and what are you doing to avoid it and make it go away?	Can you tell me what caused the pain to occur or what is causing it to get worse? Can you go to work right now?	Slapping one's own face COX-2 inhibitors Celecoxib - Celebrex @ Rofecoxib Valdecoxib - Bextra @	Distraction, desensitization 4 PAINS but with some heart risks.
PAINS~7			Hands white	Hanwhi	Vexing, but if I am doing sports I can still perform well.	Easily becomes snappy but usually more subdued than normal; will protect self and avoid some actions.	If the pain is new and of unknown origin check for a heart attack; upper chest or arm pain, nausea, dizziness	Can you ignore it when doing something strenuous. Does the motto: No pain, no gain, no victory, sound right for you?	Chronic nerve pain Mexiletine - Mexitil @ Lidocaine patches - flash of heat pain	4 PAINS with some nerve problems.
PAINS~8			Face sweating	Facswe	Distressing, I can perform only gross motor activities well.	Easily becomes nasty or passive usually noticeably subdued; will protect self and avoid specific actions.	If the pain is of unknown origin a medical person should be consulted it may be a heart attack.	I can see that you are having a painful time but can you tell me where it hurts and what I can do to help you?	Meditation and hypnosis Opioid-antidepressant Tramadol - Ultram @	Alternate reality. 5 PAINS combined effects.
PAINS~9			Body sweating	Bodsw	Hampering, I can't write or do stuff that requires paying attention.	Noticeably very tight, protective and avoiding social interaction. Clear effort to contain pain.	You appear to be sweating with pain. Have you any numbness or weakness? Squeeze my hand. Harder!	I can see you are suffering with pain and if you haven't already called a doctor I think we should do so now.	Training in pain management bio-feedback training, violent voluntary shaking TENS-Transdermal Electrical	
PAINS~10			Fingers quivering	Finqui	Disabling, I can't do anything, and even have trouble talking.	Intermittent trembling, uncontrolled small muscle movements; little talk about anything other than pain.	If this pain is new call for medical help right away even if the sufferer doesn't want you to.	I can see that you are in great pain and I will do all that I can to help you get through this terrible time.	Alpha-2 Adrenergic Agonists Tizanidine - Zanaflex @ Clonidine - Catapres@ + Methylphenidate - Ritalin @	5 PAINS with some conditions.
PAINS~11			Legs shaking	Legsha	Horrible; it hurts so much I have trouble walking.	Severe trembling, uncontrolled large muscle movements; constant concern with pain; moaning.	Call an ambulance right away and get the sufferer into a safe and comfortable location and posture.	I can see you are in desperate need of care and I am getting you to the hospital as quickly as possible.	Narcotics - Opioids Codeine - Codeine Contin @ Fentanyl - Duragesic @ Hydrocodone - Hycodan @ Hydromorphone - Dilaudid @ Meperidine - Demerol @ Methadone - Pethidine @ Morphine - Kadian @ Oxycodone - OxyContin @ Pentazocine - Talwin @ Remifentanyl - Ultiva @ Sufentanil - Sufenta @	Pain can be reduced by 8 PAINS but with some risk of narcotic addiction from pleasure.
PAINS~12			Body writhing	Bodwri	Agonizing; it hurts so much I can't walk.	Spasmodic stomach and back muscle movements; verbalizations are gasping and uncontrolled sounding.	An ambulance has been called and now the person must be prevented from injuring themselves or others.	I have a cloth for you to bite on so that you won't break your teeth and I have called for an ambulance.	Anesthetics Halothane Enflurane Isoflurane Desflurane Sevoflurane Nitrous oxide Xenon	Pain can be reduced by 14 PAINS but the patient is totally helpless.
PAINS~13			Body convulsing	Bodcon	Excruciating; I will do anything to end the pain right now!	Whole body convulsions; reversion to infantile behavior, possibly permanent personality changes.	This person is at risk of seriously injuring himself unless he can be restrained.	A doctor is on the way and he will be able to help you with your pain and with your convulsions.		
PAINS~14			Body limp	Bodlim	Unbearable; I am hallucinating and lapsing out of consciousness.	Epileptic-like seizures and limpness. Disorientation to time, location and people.	Person must be carefully monitored and aided with breathing and heart action if they stop.	I am taking care of you and making you as comfortable as possible. I will not leave you alone and you can rest now.		