## **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.

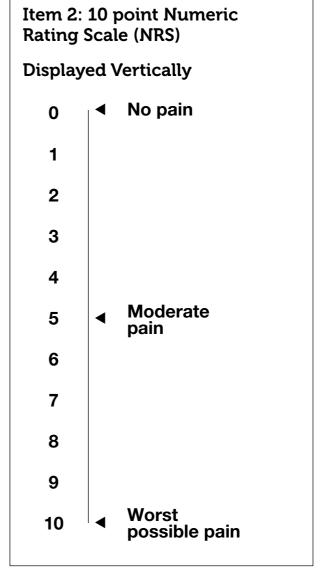
Both a Numeric Rating Scale (NRS) and a Verbal Descriptor Scale (VDS) should be available and one or the other chosen on the basis of utility and resident preference. A reasonable approach may be to try a VDS first.<sup>1</sup>

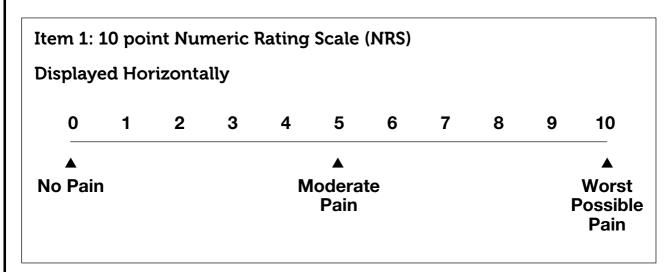
## **Numeric Rating Scale (NRS)**

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?"

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.





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