

# Summary of the Pain Assessment Scales in this toolkit

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Included in this toolkit are validated pain assessment scales that are appropriate for use in residential aged care settings.

When the person has capacity to answer questions or you believe that the person can respond meaningfully to questions, use the verbal pain assessment scales.

Click the links below to view each scale, or see the Appendix items from *Pain in Residential Aged Care Facilities: Management Strategies, 2<sup>nd</sup> Edition*.

**Unidimensional verbal scales** measure only one aspect of the pain (such as ‘how much pain are you in?’)

- Verbal Descriptor Scale (VDS)
- Numeric Rating Scale (NRS)

**Multidimensional verbal scales** measure more than just the severity of the pain, but also other aspects such as the impact of pain on the person.

- Modified Resident’s Verbal Brief Pain Inventory (M-RVBPI)

**Observational behaviour scales** are used when the person does not have the capacity to answer questions or you believe that the person cannot respond meaningfully to verbal questions. For example, as dementia becomes advanced.

- Abbey Pain Scale
- PAINAD

## **Pain charting**

- Pain chart template (Aged Care Pain Chart)