CHRONIC PAIN COMMUNICATION TOOLS - CREATED BY LEAH CAPLAN, MRES (MEDICAL ETHICS)

2023 NEW AND IMPROVED CHRONIC PAIN SCALE

FOR QUALITATIVE AND QUANTITATIVE INFORMATION ON THE **PAIN EXPERIENCED BY CHRONIC PAIN PATIENTS**

TYPE OF PAIN

A DEEP	A SHARP	MY BONES	MY SKIN FEELS ON
MUSCLE	SPIKEY		FIRE AND CAN'T BE
ACHE	PAIN	BRUISED	TOUCHED

A DEEP LIKE THROBBING LIGHTNING **AND PULSING** IS **OF PAIN** SHOOTING

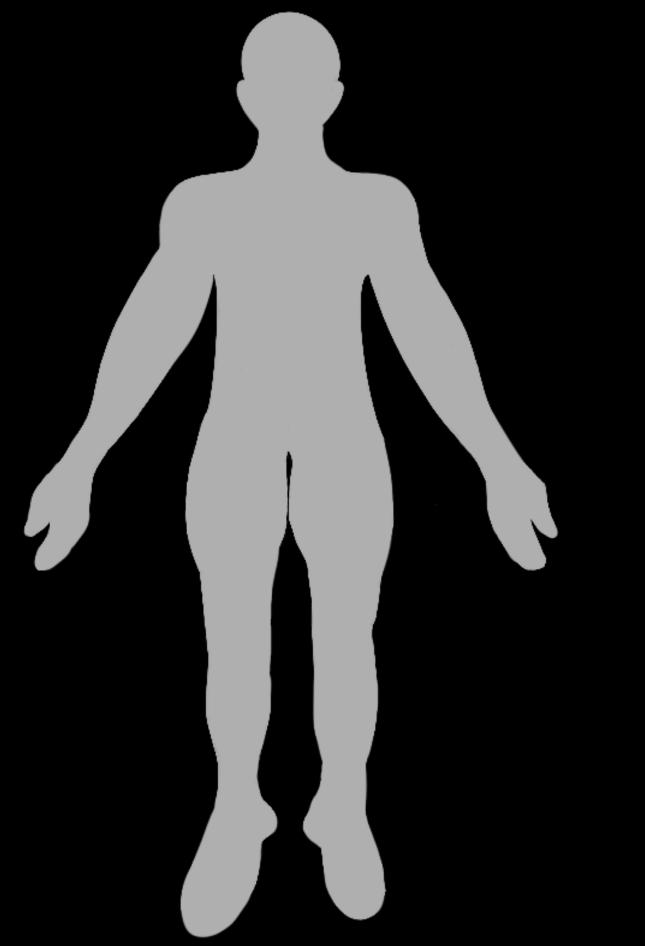
A SEVERE TIGHTNESS

SOMETHING ELSE WHICH I WILL **SPECIFY**





- **1** Low hum of pain
- **2** Buzzing of pain
- **3** Getting hard to ignore
- **4** Making it hard to get on with my day
- **5** Not functioning well
- 6 Have to stop what I'm doing
- 7 Feel taken over by the pain
- I can hardly move 8
- It hurts to even breathe 9
- **10** Even for me, I can't possibly imagine enduring anything worse than this



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