**Pain Thermometer**

**Instructions:** This tool may be used with patients who have moderate to severe cognitive impairments, or who have difficulty communicating verbally. Have the patient place a check mark (✓) on the thermometer to indicate his/her current level of pain.

**Scoring:** Assign a corresponding number to the pain descriptor selected by the patient and keep a record of it. A response of “No Pain” is given a value of zero, whereas a response of “Pain as Bad as It Could Be” is given a value of six. You may either compute the patient's mean pain level over time or choose instead to track the pain score of the descriptor selected by the patients and determine whether it decreases over time.

**Sources:**
Pain Thermometer

Patient's Name: _______________________________ Date: ____________

Instructions: Please place a check on the thermometer to indicate the amount of pain you are experiencing.

Pain Thermometer

- Pain as bad as it could be
- Extreme pain
- Severe pain
- Moderate pain
- Mild pain
- Slight pain
- No pain

(Herr and Mobily, 1993)