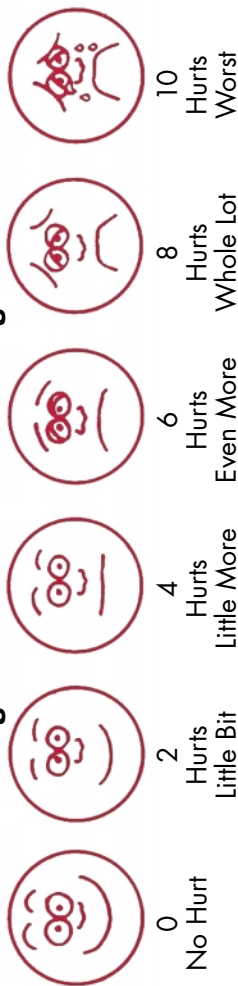


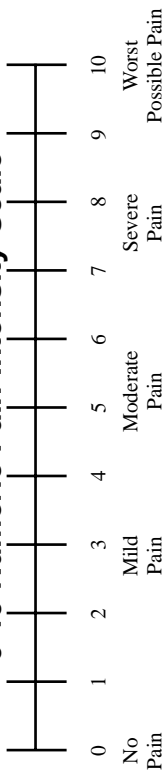
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This product was adapted from the work of the LIFE Project.

Wong-Baker FACES Pain Rating Scale



0-10 Numeric Pain Intensity Scale



From Wong D.L., Hockenberry-Eaton M., Wilson D., Winkelstein M.L., Schwartz P.: *Wong's Essentials of Pediatric Nursing*, ed. 6, St. Louis, 2001, p. 1301. Copyrighted by Mosby, Inc. Reprinted by permission.

The WILDA Approach

Words to describe pain: (Have resident provide description; avoid providing words to resident)

<input type="checkbox"/> Aching	<input type="checkbox"/> Throbbing	<input type="checkbox"/> Shooting
<input type="checkbox"/> Stabbing	<input type="checkbox"/> Gnawing	<input type="checkbox"/> Sharp
<input type="checkbox"/> Tender	<input type="checkbox"/> Burning	<input type="checkbox"/> Exhausting
<input type="checkbox"/> Tingling	<input type="checkbox"/> Penetrating	<input type="checkbox"/> Nagging
<input type="checkbox"/> Deep	<input type="checkbox"/> Numb	<input type="checkbox"/> Miserable
<input type="checkbox"/> Unbearable	<input type="checkbox"/> Dull	<input type="checkbox"/> Radiating

Intensity of the pain (0-10)?

SPANISH: Que tan intenso es el dolor-zero a diez?

Location of the pain?

SPANISH: Donde esta el dolor?

Duration of pain (constant or intermittent)?

SPANISH: Duracion (constante o de ves en cuando)?

Aggravating/Alleviating Factors

What makes the pain worse?

SPANISH: Que hace el dolor derrota?

What relieves the pain?

SPANISH: Que le quita el dolor?

Words that translate into "pain" in other languages:

itami	<i>Japanese</i>	dolor	<i>Spanish</i>
tong	<i>Chinese</i>	douloeur	<i>French</i>
dau	<i>Vietnamese</i>		

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Permission for the use of the WILDA Approach was given by Regina Fink, RN, PhD, FAAN, AOCN, University of Colorado Hospital, Denver.