

## Pain Assessment & Documentation (≥ PL1)

**Clinical Indications:**

1. Any patient.

**Contraindications:**

1. None.

**Notes & Definitions:**

1. Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage.
2. Pain is subjective and is whatever the patient says it is.

**Procedure:**

1. Initial and ongoing assessment of pain intensity and character is accomplished through the patient’s self-report.
2. Pain should be assessed and must be document in the ePCR during initial assessment, before starting pain control treatment, and with each set of vital signs after a pharmaceutical pain management intervention, and with vital signs until transfer of care.
3. Three pain scales are available:
  - a. 0-10 Scale
    - i. The most familiar scale used by EMS for rating pain with patients. It is primarily for adults and is based on the patient being able to express their perception of the pain as related to numbers. Avoid coaching the patient; simply ask them to rate their pain on a scale from 0 to 10, where 0 is no pain at all and 10 is the worst pain ever.
  - b. Wong-Baker “FACES” Scale
    - i. This scale is primarily for use with pediatrics but may be also be used with geriatrics or any patient with a language barrier. The faces correspond to numeric values from 0-10. This scale can be documented with the numeric value.

**Wong-Baker FACES® Pain Rating Scale**



c. FLACC Scale

- i. This scale has been validated for measuring pain in children with mild to severe cognitive impairment and in pre-verbal childing, including infants.

Category	Scoring		
	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw
Legs	Normal position or relaxed	Uneasy, restless, tense	Kicking or legs drawn up
Activity	Lying quietly, normal position moves easily	Squirming, shifting back and forth, tense	Arched, rigid, or jerking
Cry	No cry (awake or asleep)	Moans or whimpers; occasional complaint	Crying steadily, screams or sobs, frequent complaints
Consolability	Content, relaxed	Reassured by occasional touching, hugging or being talked to, distractible	Difficult to console or comfort