

## FAST FACTS: One Minute Pain Assessment

**Did you know that, in about one minute, you can gather information from your loved one who may be experiencing pain to share with their provider?**

Pain control is best achieved through good assessment, and you can provide key information to your loved one's healthcare provider. The following assessment may be completed in about 1 minute and quickly identifies older adults who **may** be experiencing pain regardless of mental or verbal ability.

### ***What Can a Family Caregiver Do?***

#### **✓ Ask 3 Pain Questions**

- Do you have any aches or pains today?
- Can you tell me about your pain, aches, soreness, or discomfort?
- Would you say your pain was mild, moderate, or severe?

#### **✓ Watch For and Report Any of the Following**

- Facial Expressions
  - Grimacing or frowning
  - Raised upper lip
- Verbal Expressions
  - Using pain related words
  - Sighing
  - Complaining
  - Shouting
  - Groaning
- Other possible indicators
  - Agitation
  - Sleep disturbance
  - Diminished appetite
  - Irritability
  - Reclusiveness
  - Disruptive behavior



✓ **What Else You Should Do**

- Write down and share information about your loved one's pain with their healthcare provider
- Use a [Pain Diary](#) to note important information useful to the healthcare provider
- Gathering this information daily can help recognize when your loved one's pain gets better or worse.

Reference

1. Kunz et al. *Euro J Pain* 2019; 24(1): 192-208; Ersek et al (2019). *Pain Medicine* 2019; 20(6): 1093–1104.

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