

## FAST FACTS: One Minute Pain Assessment

**Did you know that, in about one minute, you can gather information about your pain to share with your provider?**

Pain control is best achieved through good assessment, and you can provide key information to your 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 You Do?***

#### **✓ Ask Yourself 3 Pain Questions**

- Do I have any aches or pains today?
- Can I describe my pain, aches, soreness, or discomfort?
- Would I say my 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 pain with your healthcare provider
- Use a [Pain Diary](#) to note important information useful to the healthcare provider
- Gathering this information daily can help recognize when your 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.

**Revised January 2022**