

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.

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Reference

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