FAST FACTS: The One Minute Pain Assessment

Did you know that, in about one minute, you can identify older adults who are experiencing pain?

Pain control is best achieved through good assessment. The following assessment may be completed in about 1 minute and quickly identifies older adults who may be experiencing pain regardless of cognitive status or verbal abilities.

If any of the following items are noted, pain may be an issue and should be investigated further. During the assessment, if an older adult uses a particular word to describe their pain continue to use that adjective when talking about their pain.

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

✓ Facial Expression (e.g.)
  o Grimacing, Frowning, Clenched Teeth

✓ Verbal Expressions (e.g.)
  o Moaning, Crying, Yelling, Screaming, Swearing, Unusually quiet

✓ Body Posturing (e.g.)
  o Reluctant to cooperate with ADL’s, guarding
  o Stiff, rigid or withdrawing body posture when moving
  o Legs/arms drawn up in fetal type position

References