Fast Facts: The 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 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 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
    - Scowling or frowning
    - Clenched teeth
  - Verbal Expressions
    - Moaning
    - Crying
    - Yelling
    - Screaming
    - Swearing
    - Unusually quiet
  - Body Posturing
    - Unwilling to help or acting as if body parts hurt during activities such as dressing, bathing, etc.
    - Stiff, rigid, or strange body positions when moving
    - Legs/arms drawn up in fetal type position

Write down and share this information with your loved one’s provider. Consider use of a Pain Diary to note important pain information useful to the provider. Gathering this information daily can help recognize when pain changes for better or worse.