

Addressing Pain in South Carolina

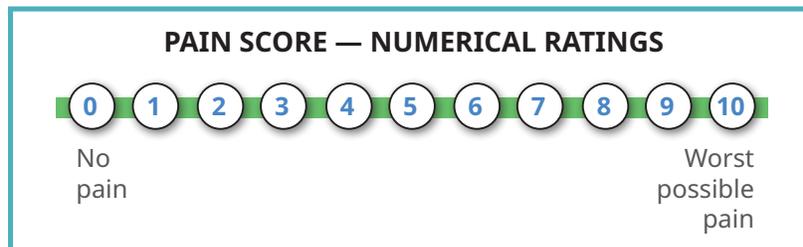
Quick Reference #3

Pain Scales for Acute and Chronic Pain

The NRS to Assess Acute Pain

The Numerical Rating Scale (NRS) is a simple, reliable, and validated tool to measure intensity of acute nociceptive pain. When combined with a pain history and physical exam, results from the NRS can be used to gauge response to pain therapy. One important advantage of this scale over the Visual Analogue Scale is that you can use the NRS verbally with patients, without the need for a visual representation. The NRS and other scales for assessing acute pain are less reliable for neuropathic pain, but neuropathic pain is less frequently encountered in acute pain.

Use it by asking patients, “On a scale of 0 to 10 with 0 being no pain at all and ten being the worst pain you can imagine, how would you rate the intensity of your pain right now?”



The PEG Scale to Assess Chronic Pain

PEG stands for pain, enjoyment, and general activity. The PEG scale is a validated, brief, multidimensional chronic pain assessment tool. Each PEG question asks the patient to choose a number from 0 to 10 that best describes his or her pain, enjoyment, and general activity over the past week. The PEG scale is also used to gauge and monitor response to pain therapy.

THE PEG SCALE

The PEG score is the average of the individual question scores. The PEG questions are as follows:

- P** What number from 0 to 10 best describes your pain in the past week? (0 = no pain, 10 = worst pain you can imagine)
- E** What number from 0 to 10 describes how much, during the past week, pain has interfered with your enjoyment of life? (0 = not at all, 10 = complete interference)
- G** What number from 0 to 10 best describes how much, during the past week, pain has interfered with your general activity? (0 = not at all, 10 = complete interference)

A 30% improvement from baseline is considered clinically meaningful.

For more information on these scales, visit: scmedical.org/sc-fights-pain

OPIOID RISK PREVENTION PARTNERSHIP



BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.