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# LONG TERM CARE --- PAIN MANAGEMENT WORKSHEET ---

### SEDATION RATING LEGEND

- |                                                      |                         |
|------------------------------------------------------|-------------------------|
| 1 = Wide Awake                                       | 4 = Normal Sleep        |
| 2 = Occasionally Drowsy                              | 5 = Difficult to Arouse |
| 3 = Intermittent, Frequent Dosing,<br>easy to arouse | 6 = Unarousable         |


### INTERVENTION CODES

- 1 = Discuss PAIN MANAGEMENT PLAN with Physician  
 2 = Pharmacological (see Med Kardex)  
 3 = Non-Pharmacological [a] position changed [b] relaxation  
 [c] splinting [d] imagery [e] music [f] education

DATE / TIME	PAIN LOCATION	SEDATION RATING	PAIN RATING	INTERVENTION	INITIALS	EVALUATION TIME / PAIN #	INITIALS

PAIN SCALES

**WONG-BAKER:**  
(Faces)



0                      1                      2                      3                      4                      5

**0-10 VISUAL:**  
(Numeric)

0                      1                      2                      3                      4                      5                      6                      7                      8                      9                      10

**VERBAL:**  
No Hurt                      Hurts Little Bit                      Hurts Little More                      Hurts Even More                      Hurts Whole Lot                      Worst Pain

WONG-BAKER FACES PAIN SCALE from Wong DL, Hockenberry-Eaton M, Wilson D, Winkelstein ML, Ahmann E, DiVito-Thomas PA, Whaley & Wong: Nursing Care of Infants & Children, 6th ed, St. Louis, MO: Mosby-Year Book Inc., 1999: 1153. Copyrighted by Mosby-Year Book, Inc. Reprinted with Permission.

<b>NON-COGNITIVE:</b> (FLACC Score)  1. Sum FACE, LEGS, ACTIVITY, CRY & CONSOLABILITY Scores to calculate FLACC Score 2. Record FLACC Score using the 0-10 VISUAL NUMERIC Scale above.	<b>___ FACE</b> 0 = No particular expression or smile 1 = Sporadic grimace / frown, withdrawn, disinterested 2 = Frequent / constant frown, clenched jaw, quivering chin	<b>___ LEGS</b> 0 = Normal position, or relaxed 1 = Uneasy, restless, tense 2 = Kicking, or legs drawn up	<b>___ ACTIVITY</b> 0 = Lying quietly, normal position, moves easily 1 = Squirming, shifting back & forth, tense 2 = Arched, rigid, or jerking	<b>___ CRY</b> 0 = No cry (awake or asleep) 1 = Moans or whimpers, occasional complaint 2 = Crying steadily, screams, sobs, frequent complaints	<b>___ CONSOLABILITY</b> 0 = Content, relaxed 1 = Reassured by occasional touching, hugging, or 'talking to', distractable 2 = Difficult to console or comfort
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