

## Comparative Pain Scale for CAM Providers

	<b>0</b>	<b>No pain. Feeling perfectly normal</b>
<p><b>Minor</b> Does not interfere with most activities. Able to adapt to pain psychologically and with medication or devices such as cushions.</p>	<b>1</b> Very Mild	<b>Very light, barely noticeable pain, like a mosquito bite or poison ivy itch. Most of the time you never think about the pain.</b>
	<b>2</b> Discomforting	<b>Minor Pain, like lightly pinching the fold of the skin between your finger and thumb. Note that people react differently to this test.</b>
	<b>3</b> Tolerable	<b>Very noticeable pain, like an accidental cut, a blow to the nose that causes it to bleed, or a doctor giving you an injection. The pain is not so strong that you can not get used to it, eventually, most of the time you don't notice it or you have adapted to it</b>
<p><b>Moderate</b> Interferes with many activities</p> <p>Requires lifestyle changes but patient remains independent. Unable to adapt to pain.</p>	<b>4</b> Distressing	<b>Strong, deep pain, like an average toothache, the initial pain from a bee sting, or minor trauma to a body part, such as stubbing your toe real hard. So strong you notice the pain all the time and can not completely adapt to it. Pain is initially sharp but after time becomes dull.</b>
	<b>5</b> Very Distressing	<b>Strong, deep, piercing pain, such as a sprained ankle when you stand on it incorrectly, or mild back pain. You notice it all the time and so preoccupied with managing it that your normal lifestyle is curtailed. Temporary personality disorders are frequent.</b>
	<b>6</b> Intense	<b>Strong, deep, piercing pain, so strong it seems to partially dominate your senses, causing you to think somewhat unclearly. At this point you begin to have trouble holding a job or maintain normal social relationships. Comparable to a bad non-migraine headache or bad back pain.</b>
<p><b>Severe</b> Unable to engage in normal activities. You are disabled and unable to function independently.</p>	<b>7</b> Very Intense	<b>Same as #6 yet the pain completely dominates your senses, causing you to think unclearly about 1/2 the time. You are effectively disabled and frequently cannot live alone. Compare to an average migraine headache.</b>
	<b>8</b> Utterly Horrible	<b>Pain so intense you can no longer think clearly at all, and you have often undergone severe personality changes if the pain has been present for a long time. Comparable to childbirth or a real bad migraine headache.</b>
	<b>9</b> Excruciating Unbearable	<b>Pain so intense you cannot tolerate it and demand pain killers or surgery, no matter what the side effects or risk. Comparable to cancer.</b>
	<b>10</b> Unimaginable Unspeakable	<b>Pain so intense you will go unconscious shortly. Most people have never experienced this level of pain. Those who have suffered a crushed hand, kidney stone or lost consciousness as a result of the pain have experienced a level 10 pain.</b>