



### Visual Analogue Scale (VAS)\*\*\*

	
No Pain	Pain as bad as it could possibly be
The patient indicates intensity of pain on a 10cm. line marked from no pain at one end to pain as bad as it could possibly be at the other end.	

### Numeric Rating Scale (NRS)\*\*\*

										
0	1	2	3	4	5	6	7	8	9	10
The patient rates pain on a scale from 0 to 10.										

\*\*\*VAS and NRS are available in the RNAO Pain Nursing Best Practice Guideline [www.rnao.org](http://www.rnao.org)  
Both tools have been standardized for reliability and validity.