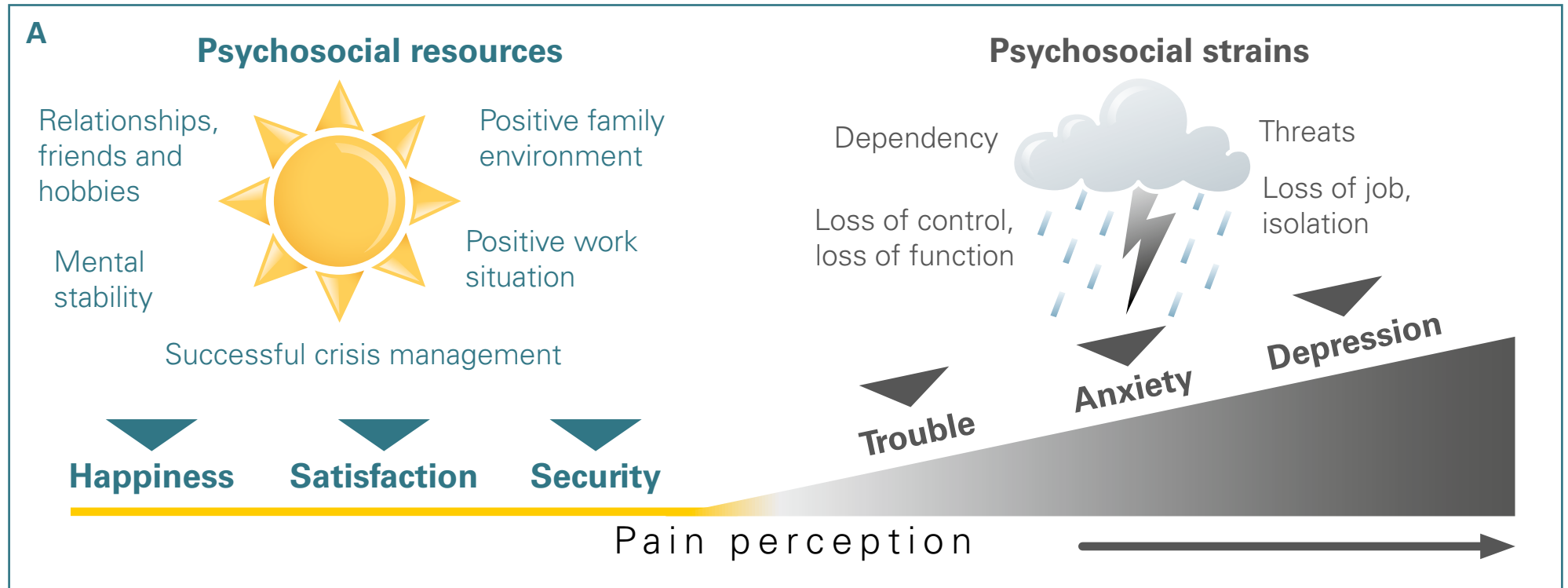


Pain perception differs from individual to individual

Pain perception depends on many factors



CHANGE PAIN scale

B

CHANGE PAIN[®] SCALE

No Pain Present Pain Level Pain as bad as you can imagine

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

Tolerable Pain Level

Pain diary

C

THERAPIEPROTOKOLL SCHMERZ

Name:

TAG	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
DATUM	ZEIT			ZEIT			ZEIT			ZEIT			ZEIT			ZEIT			ZEIT		
Stärkster Schmerz	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
↑ Schmerzstärke	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
↓ Schmerzfrei	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Stuhl	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Schlaf	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
Stimmung	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Übelkeit	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Zusatz-medikation	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?	Was?	Wann?

Quelle: Professor T. Schotten, AK Hagen

Pain perception differs from individual to individual

A Pain perception depends on many factors

Experience of pain does not just depend on the actual cause of pain.

Instead the brain evaluates the pain and strengthens or weakens it (modulation).

Among other things, pain processing depends upon education, sociocultural environment and the mind.

B CHANGE PAIN Scale

Each perception of pain is subjective. There is therefore **no method for measuring pain objectively.**

An instrument that is nevertheless commonly used to make pain intensity recordable for comparisons and to assess changes is the **Numeric Rating Scale (NRS) [1].**

Regular assessment of pain intensity is important when keeping a pain diary.

On the CHANGE PAIN scale, the present pain level is assessed and related to the individual treatment goal in terms of pain severity and the need for improvement in other aspects of everyday living is evaluated [2].

C Pain diary

A pain diary is used to document where and when the pain occurs and the level of pain.

It is therefore used to **check the success of ongoing pain treatment.**

It is very important to make diary entries close to the assessment time and to keep the diary up to date, as levels of pain are often difficult to recall accurately from memory.

[1] Farrar JT et al. (2001) 94: 149-158.

[2] Müller-Schwefe G et al. CMRO (2011) 27:2: 481-488