



Digital Care

Pain rating methods

User Guide

Introduction

Typically, pain is monitored before and after pain interventions, for example when someone is in pain and a PRN is provided. For those living with dementia or difficulties with communication, they are often unable to describe their pain and therefore tools such as the Abbey Pain scale or Wong-Baker are used.

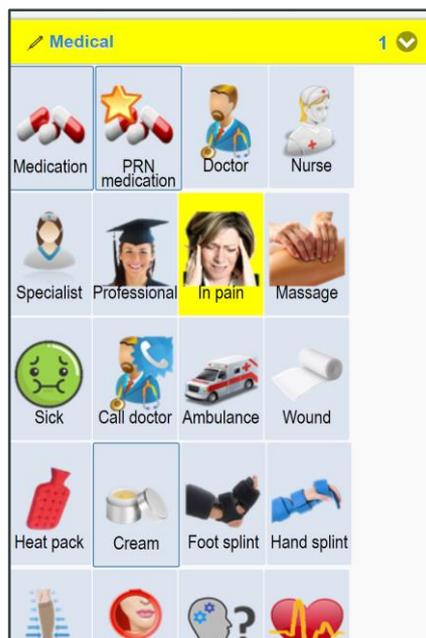
To ensure levels of pain can be recorded at the point of care, the pain assessments have been linked to the **In pain** care action, which allows carers to more accurately record pain whilst they are with the service user.

Set Up

No additional setup is required.

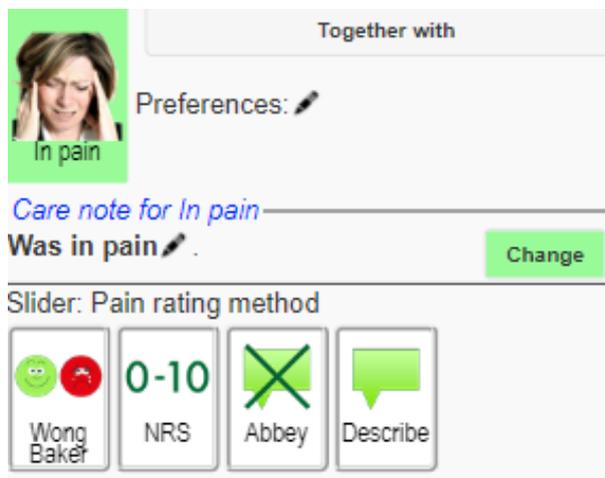
Using the pain rating methods

To use the pain rating methods when recording a service user's pain, click on the service user within the care app, go to the **Medical** category and select the **In pain** care action.



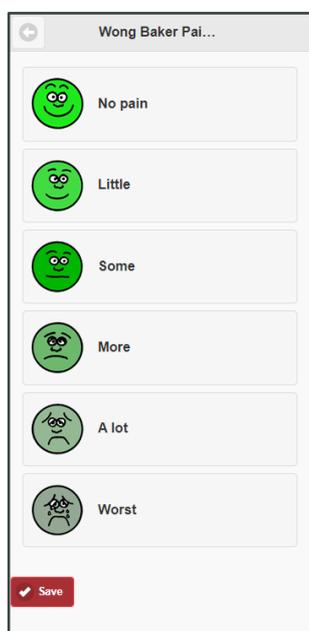
Click continue and you will be able to start writing your care note.

Under the slider **Pain rating method** there are four slider options.

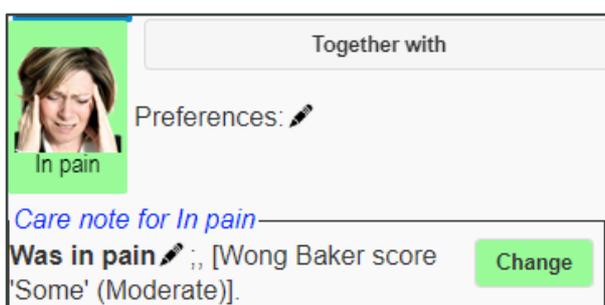


Wong baker

Records level of pain using the Wong-Baker method. When clicking on this slider, you will be taken to a new screen where you can select one option on the pain rating that best fits the service user's pain level.



When selecting one of the options and clicking **Save** the pain method used and the score will display in the care note. Note: the score and appended details of the care note cannot be edited.



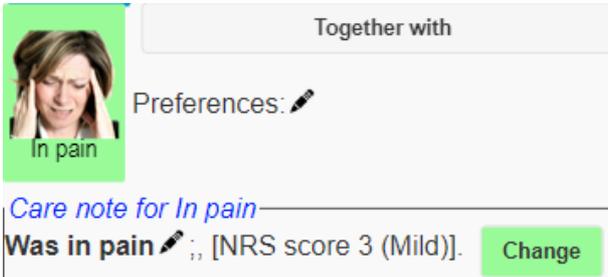
NRS

Records level of pain using the NRS pain scale. When clicking on this slider, you will be taken to a new screen where you can select a pain rating between 0-10



The screenshot shows a mobile application interface titled "NRS Pain Scale". At the top, there is a back arrow icon and the title "NRS Pain Scale". Below the title, the text "Pain rating from 0-10" is displayed. A large, light gray slider is positioned at the value "0", with a downward-pointing chevron icon on its right side. Below the slider, there is a green button with a white checkmark and the text "Save".

When selecting one of the options and clicking **Save** the pain method used and the score will display in the care note. Note: the score and appended details of the care note cannot be edited.



The screenshot shows a mobile application interface for a care note. At the top, there is a back arrow icon and the text "Together with". Below this, there is a profile picture of a woman with the name "In pain" underneath it. To the right of the profile picture, the text "Preferences:" is followed by a pencil icon. Below the profile picture, the text "Care note for In pain" is displayed in blue. Underneath, the text "Was in pain" is followed by a pencil icon, a semicolon, and "[NRS score 3 (Mild)]." To the right of this text is a green button with the text "Change".

Abbey Pain Scale

Records level of pain using the Abbey Pain scale. When clicking on this slider, you will be taken to a new screen where you will see a replication of the Abbey Pain scale that can be captured in Monitor within the **Pain risk assessment**. Here you can work your way down the form, capturing the relevant information.

Abbey Pain Scale

Vocalisation
eg whimpering, groaning, crying

Absent

Mild

Moderate

Severe

Facial expression
eg looking tense, frowning, grimacing, looking frightened

Absent

Mild

Moderate

Severe

Change in body language
eg fidgeting, rocking, guarding part of body, withdrawn

Absent

Once all relevant options have been chosen and clicking **Save** the pain method used, plus a breakdown of the score and options selected within the Abbey Pain scale will be added to the care note. Note: the score and appended details of the care note cannot be edited.

Together with

 In pain

Preferences: 

Care note for In pain

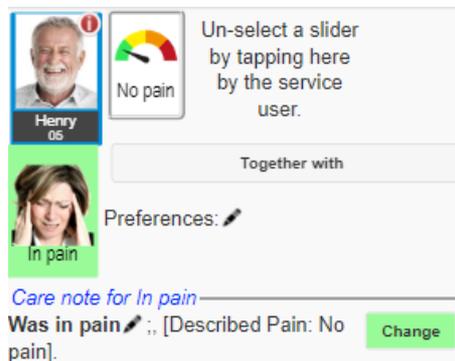
Was in pain ; [Abbey Pain score of **16 (Severe)** : Vocalised: Moderate; Facial: Moderate; Body language: Severe; Behaviour: Severe; Physiological: Severe; Physical: Severe; Pain type: Acute or chronic].

Describe

If none of the other pain rating methods are applicable, selecting the **Describe** slider will allow you to manually select the level of pain the service user is displaying.



Selecting one of these options will automatically update the care note with the pain category. Note: the appended details of the care note cannot be edited.



Once the care note has been recorded, the details of the care note can be viewed as normal in Monitor. Please note, it will not be possible to change the details of the pain sliders chosen once they have been saved.

Need support?

Create a support request in Monitor
or start a Tech Chat