

Modified-VAS = “REALITY-CHECK” PAIN SCALE
This is the Reality Pain Scale that I Require and Rely on.

VAS – Visual Analogue (PAIN) Scale

Standard Office / Hospital Subjective Pain Scale:



Directions: “0 = no pain” : : : 10 = “The worst possible pain”

0: Haha! I'm not wearing any pants!

2: *Awesome!* Someone just offered me a free hot dog!

4: Huh. I never knew that about giraffes.

6: I'm sorry about your cat, but can we talk about something else now? I'm bored.

8: The ice cream I bought barely has any cookie dough chunks in it. This is not what I expected and I am disappointed.

10: You hurt my feelings and now I'm crying!

The VAS “Standard Pain Scale” is clinically very limited.

It is only good over minutes to hours. It doesn't even have all the numbers

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An unidentified observer made a modified-VAS, with all the numbers.

The mod-VAS is a useful “Reality Check” to compare pain impact on function over minutes, hours, days, weeks, months and years.

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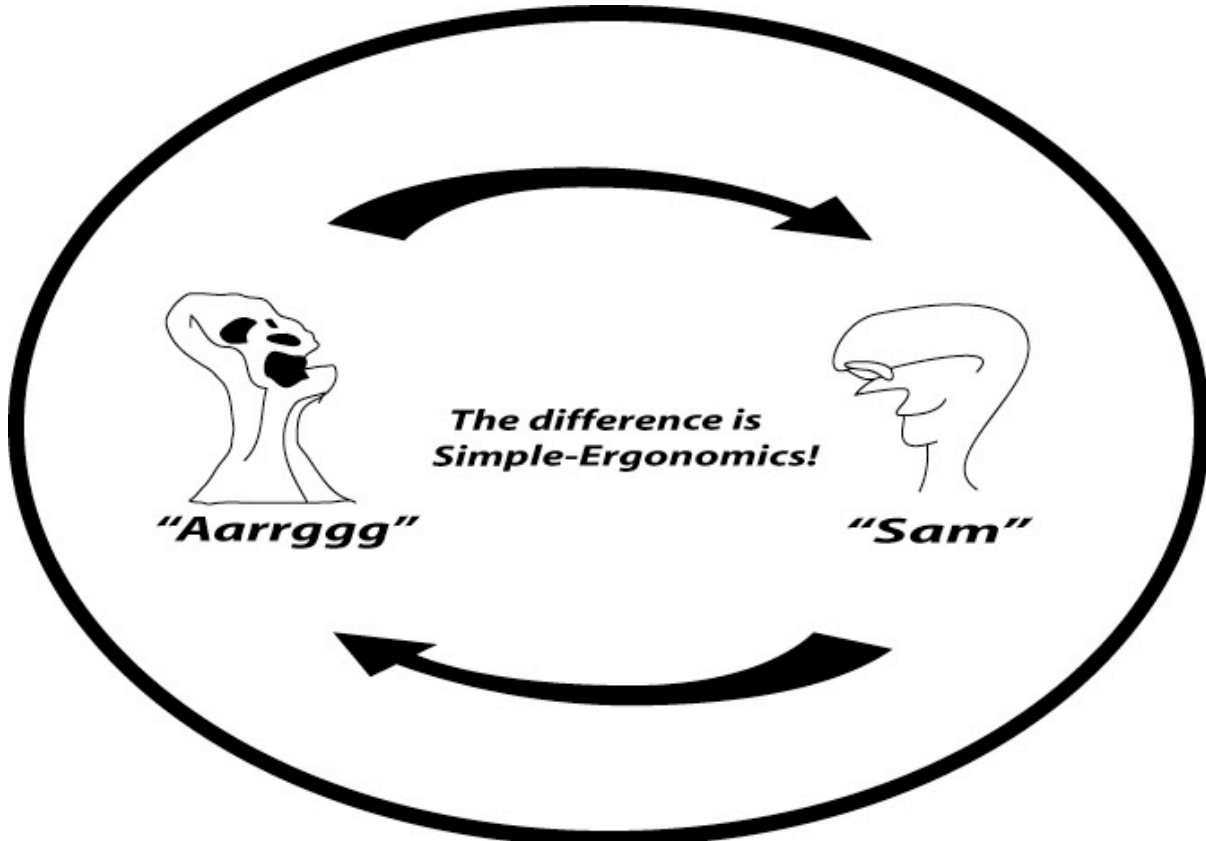
- 0:** Hi. I am not experiencing any pain at all. I don't know why I'm even here.
- 1:** I am completely unsure whether I am experiencing pain or itching or maybe I just have a bad taste in my mouth.
- 2:** I probably just need a Band Aid.
- 3:** This is distressing. I don't want this to be happening to me at all.
- 4:** My pain is like meeting a mad dog from hell. (It is not “messing” around!)
- 5:** *Why is this happening to me??*
- 6:** *Ow!!* Okay! My pain is *super* legit now.
- 7:** I see Jesus coming for me, and I'm really scared.
- 8:** I am experiencing a disturbing amount of pain. I might actually be dying.
Please help!
- 9:** I am almost definitely dying.
- 10:** I am actively being mauled by a bear.
- 11:** Blood is going to explode out of my face at any moment.
- Too Serious For Numbers:** You probably have **ebola!** It appears that you may also be suffering from Stigmata and/or pinkeye

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EXAMPLE:

Pain Level
= 8 - 11

Pain Level
= 0 - 3



Pain Level
= 8 - 11

Pain Level
= 0 - 3