

## Pain Assessment Tool Guidelines for use: Functional Pain Scale

### Functional Pain Scale (FPS)

	(0)	(2)	(4)	(6)	(8)	(10)
<b>No Pain</b>		<b>Tolerable activities not prevented</b>	<b>Tolerable prevents some active activities</b>	<b>Intolerable prevents all active, (not passive) activities</b>	<b>Intolerable prevents all passive activities</b>	<b>Intolerable incapacitated, unable to do anything or speak due to pain</b>

Active activities : usual activities or those requiring effort (turning, walking, etc)

Passive activities: talking on phone, watching TV, reading

**Description:** The Functional Pain Scale (FPS) was developed to assess pain in older adults. It incorporates both subjective and objective components to assess pain, based on the pain's perceived tolerability and interference with functioning.

**Populations for use:** The FPS is best used for older adults who are unable to self report pain level. The FPS may be superior to other approaches if visual or mild-moderate cognitive impairments are present.

#### **Instructions for use:**

The patient is initially asked if they are experiencing any pain.

- If no, score "0"
- If pain is so extreme they can not engage in a conversation about it, score "10."

Next, ask the patient to rate their pain as either "tolerable" or "intolerable" (intolerable is  $\geq 5$ ).

Next, ask if the pain interferes with any activity? If so determine level of interference with:

- Active activities : usual activities or those requiring effort (turning, walking, etc) and
- Passive activities: those requiring little movement, like talking on phone, watching TV, reading

**Scoring instructions:** see attached decision diagram

0= no pain

2=tolerable pain: able to perform activities of daily living

4= able to tolerate *some* activities: pain prevents some "active" activities, such as walking, ADLs, etc

5=intolerable: able to perform some, but not all "active" (usual) activities

6=intolerable: only tolerates passive activities, such as reading, watching TV

8=intolerable: unable to perform even passive activities such as reading or watching TV; able to speak

10=intolerable: patient is unable to do anything or even speak due to their pain

#### **Reliability and Validity:**

The FPS has been tested and shown to be a reliable pain assessment tool in the geriatric population.

Gloth, FM III, Scheve, AA, Stober, CV, Chow, S, Prosser, J. (2001). The Functional Pain Scale: reliability, validity and responsiveness in an elderly population. *Journal of the American Medical Directors Association*, 2 (3):110-114.

# Assess Pain Using an Functional Pain Scale

