

PAIN RATING SCALE

(Welsh)

Teitl: Dyddiad:
Enw Cyntaf: Rhif y Claf:
Cyfenw: Clinig:

Marcwch y raddfa islaw i ddangos pa mor ddrwg yw eich poen, os gwelwch yn dda.
Mae dim (0) yn golygu dim poen, ac mae deg (10) yn golygu dirboen.

Pa mor **ddwys** yw eich poen **nawr**?

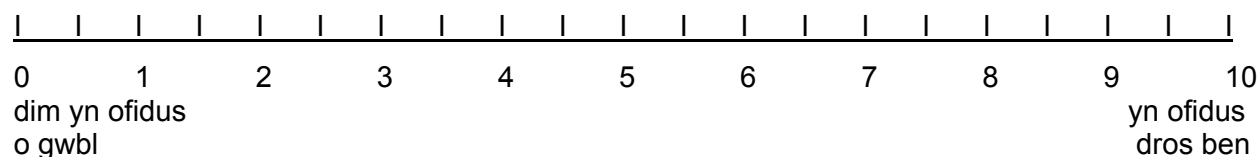


Pa mor **ddwys** oedd eich poen **ar gyfartaledd yr wythnos ddiwethaf**?



Nawr, defnyddiwch yr un drefn i ddisgrifio pa mor **ofidus** yw eich poen, os gwelwch yn dda.

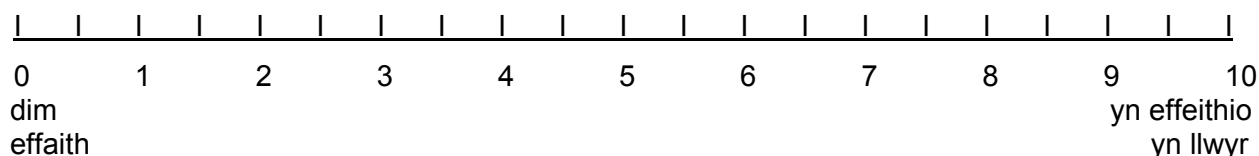
Pa mor **ofidus** yw eich poen **nawr**?



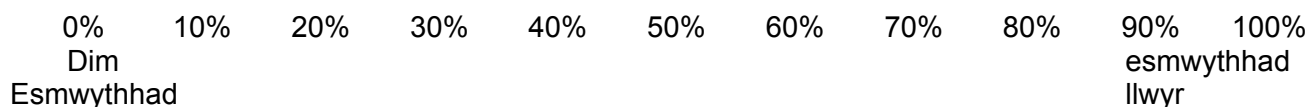
Pa mor **ofidus** oedd eich poen **ar gyfartaledd yr wythnos ddiwethaf**?



Nawr, defnyddiwch yr un drefn i ddisgrifio **faint mae eich poen yn effeithio** ar eich gweithgareddau arferol bob dydd, os gwelwch yn dda.



Os ydych wedi cael triniaeth at eich poen, pa faint mae hyn wedi esmwytho (wedi gwaredu) y poen?



The Pain Society

An alliance of professionals advancing the understanding and management of pain for the benefit of patients

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www.painsociety.org

Charity no. 278685

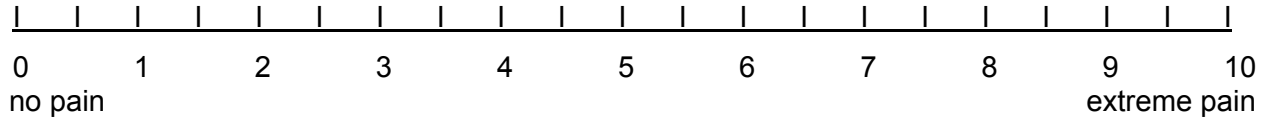
PAIN RATING SCALE

(English)

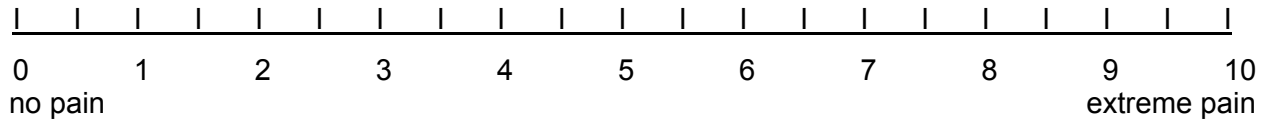
Title: Date:.....
First Name:..... Patient number:.....
Surname:..... Clinic:

Please mark the scale below to show how intense your pain is.
A zero (0) means no pain, and ten (10) means extreme pain.

How **intense** is your pain **now**?



How **intense** was your pain **on average last week**?



Now please use the same method to describe how **distressing** your pain is.

How **distressing** is your pain **now**?



How **distressing** was your pain **on average last week**?



Now please use the same method to describe **how much your pain interferes** with your normal everyday activities.



If you have had treatment for your pain, how much has this relieved (taken away) the pain?

