



## How Do I Measure How I Function with Pain?

by NEWLIFEOUTLOOK TEAM

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### Tracking Your Quality of Life with Pain

With any scale that is based upon a self-report, you have to be completely honest to get the most out of it. The quality of life scale can be used as part of your daily journal entry to help you keep track of any consistency in your ups and downs. It will also help your medical practitioner understand how you are interacting with your treatments. Start off your journal with a number rating based on the description "Today I struggled a bit but I was able to do the dishes, get out of bed and shower, do a bit of vacuuming, so I'm feeling around a 6." Highlight the number, make it big, and/or put it immediately at the beginning so that it's easy to keep track.



American Chronic Pain Association

### Quality Of Life Scale

A Measure Of Function  
For People With Pain

Non-functioning

- 0 Stay in bed all day. Feel hopeless and helpless about life.
- 1 Stay in bed at least half the day. Have no contact with outside world.
- 2 Get out of bed but don't get dressed. Stay at home all day.
- 3 Get dressed in the morning. Minimal activities at home. Contact with friends via phone, email.
- 4 Do simple chores around the house. Minimal activities outside of home two days a week.
- 5 Struggle but fulfill daily home responsibilities. No outside activity. Not able to work/volunteer.
- 6 Work/volunteer limited hours. Take part in limited social activities on weekends.
- 7 Work/volunteer for a few hours daily. Can be active at least five hours a day. Can make plans to do simple activities on weekends.
- 8 Work/volunteer for at least six hours daily. Have energy to make plans for one evening social activity during the week. Active on weekends.
- 9 Work/volunteer/be active eight hours daily. Take part in family life. Outside social activities limited.
- 10 Go to work/volunteer each day. Normal daily activities each day. Have a social life outside of work. Take an active part in family life

Normal Quality of Life



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### Quality Of Life Scale

A Measure Of Function  
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**P**ain is a highly personal experience. The degree to which pain interferes with the quality of a person's life is also highly personal.

The American Chronic Pain Association Quality of Life Scale looks at ability to function, rather than at pain alone. It can help people with pain and their health care team to evaluate and communicate the impact of pain on the basic activities of daily life. This information can provide a basis for more effective treatment and help to measure progress over time.

The scale is meant to help individuals measure activity levels. We recognize that homemakers, parents and retirees often don't work outside the home, but activity can still be measured in the amount of time one is able to "work" at fulfilling daily responsibilities be that in a paid job, as a volunteer, or within the home.

With a combination of sound medical treatment, good coping skills, and peer support, people with pain can lead more productive, satisfying lives. The American Chronic Pain Association can help.

For more information, contact the ACPA:

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