

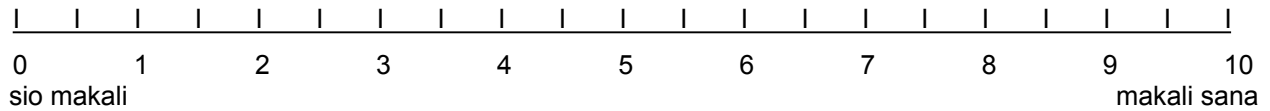
PAIN RATING SCALE

(Swahili)

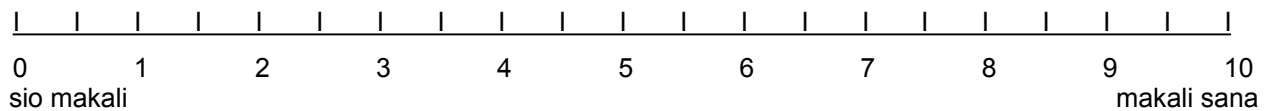
Title: Date:.....
 First Name:..... Patient number:.....
 Surname:..... Clinic:

Tafadhali tia alama katika kipimo hapa chini kuonyesha hali ya maumivu yako.
 Sufuri (0) yaonyesha huna maumivu, na kumi (10) yamaanisha maumivu makali sana.

Maumivu yako sasa ni makali kiasi gani?

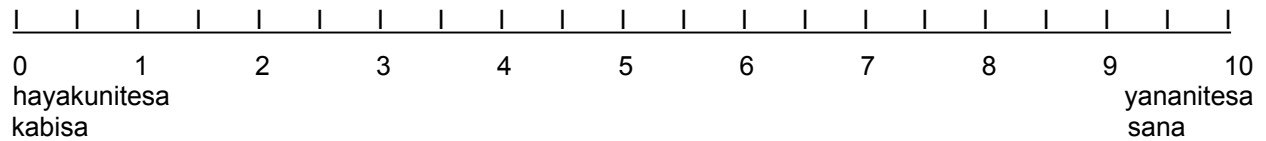


Maumivu yako yalikuwa makali kiasi kagi kwa wastani wiki iliyopita?



Sasa tafadhali tumia njia hiyo kueleza jinsi maumivu yako **yanavyokutesa**.

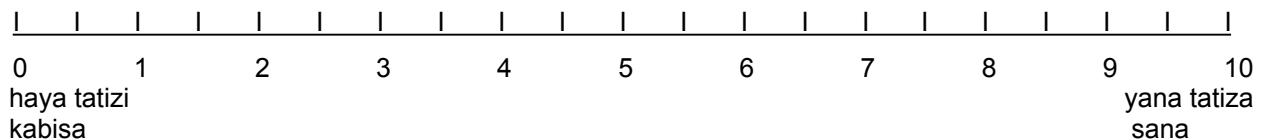
Maumivu yako yanakutesa kwa kiasi gani sasa?



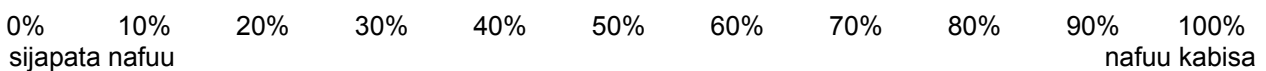
Maumivu yako yalikutesa kiasi gani kwa wastani wiki iliyopita?



Sasa tafadhali tumia njia hiyo kueleza jinsi maumivu yako **yanavyokutatiza** katika shughuli zako za kila siku



Ikiwa umepata matibabu kwa maumivu yako, yamesaidia kwa kiasi gani kuponya (kuondoa) maumivu?



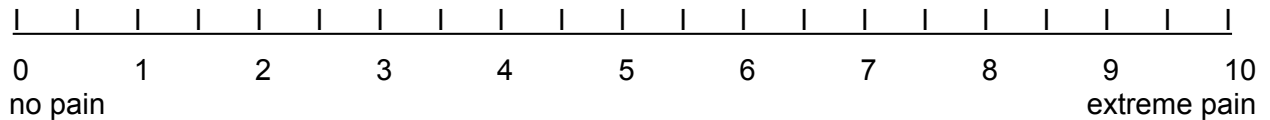
PAIN RATING SCALE

(English)

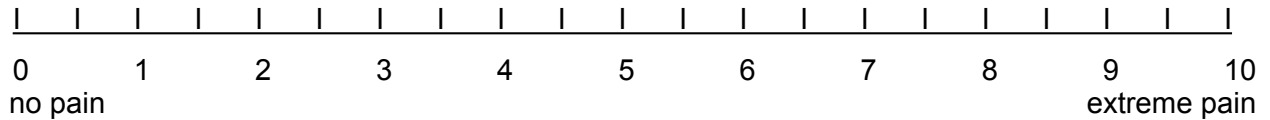
Title: Date:.....
First Name:..... Patient number:.....
Surname:..... Clinic:

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**?

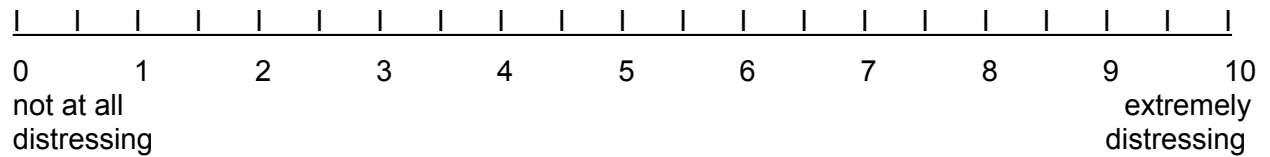


How **intense** was your pain **on average last week**?



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?

