

Numeric Pain Rating Scale (NPRS)**Patient Reported Measure**

Considerations	
Which type of TJA is it appropriate for?	THA and TKA
What part of the TJA continuum is it appropriate for?	Pre-op Acute Post-acute Active Living
What domain(s) does it measure (ICF?)	Body function
Who completes it?	Patient
What does it measure?	A single dimension of joint-specific or global pain intensity at rest or with activity ¹
What equipment is required?	Paper copy of NPRS, pen
How long does it take?	~1 min to complete and score
How do I do it?	Instructions available at: www.rehabmeasures.org ²
How good is it?	Validity: Concurrent validity – excellent, highly correlated to the Visual Analogue Scale (VAS) ³ ; Face, convergent and divergent validity – excellent, better than the VAS and McGill Pain Questionnaire in post-surgical patients (mean age = 52 years) ⁴ Reliability: Test-retest – excellent, in literate and illiterate patients with rheumatoid arthritis ¹ and chronic pain ² Responsiveness: Some limitations in the responsiveness of a 0–10 pain scale ⁵ Floor/ceiling effects: Not established in TJA
How is it scored?	Patient selects a number between 0 (no pain) and 10 (extreme pain or other label) to rate current pain intensity at rest or with activity.
What do the results mean?	Higher score = more intense pain MDC: 3 points (or 27%) in patients with musculoskeletal problems receiving physical therapy ⁶ MCID: For OA and low back pain, MCID is 30% ⁷ and post-orthopedic surgery is 29% ⁸
Where can I get it?	www.painedu.org/Downloads/NIPC/Pain%20Assessment%20Scales.pdf The NPRS has been translated into multiple languages.

References

1. Hawker GA, Mian S, et al. Measures of adult pain. *Arthritis Care Res* 2011; 63(Suppl 11):S240-52.
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4. Gagliese L, Weizblit N, et al. The measurement of postoperative pain: a comparison of intensity scales in younger and older surgical patients. *Pain* 2005;117(3):412-20.
5. Finch E, Stratford PW, Mayo NE. *Physical Rehabilitation Outcome Measures*. 2nd ed:Canadian Physiotherapy Association; 2002.
6. Spadoni GF, Stratford PW, et al. The evaluation of change in pain intensity: a comparison of the P4 and single-item numeric pain rating scales. *J Orthop Sport Phys Ther* 2004;34(4):187-93.
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