

# QUADRUPLE NUMERICAL RATING SCALE

## SCORING

The Quadruple Numerical Rating Scale (QNRS) is a reliable and valid method for pain measurement.

The QNRS is based on four specific factors:

1. Pain level at the time of the current office visit;
2. Typical or average pain since the last visit (or since the initial visit, or since the onset of the condition), depending on the chronicity of the condition;
3. Pain level at its best since the last visit, time of intake, or since the onset of the condition; and
4. Pain level at its worst since the last visit, time of intake, or since the onset of the condition.

### **Scoring:**

The scores from factors 1, 2, and 4 are averaged and then multiplied by 10 to yield a score from 0 to 100.

### **Interpretation:**

The final score is then categorized as “low intensity” (pain < 50) or “high intensity” (pain > 50).