



University of London

London Northwest University Healthcare



NHS Trust

The Scale of Pain Intensity (SPIN)

The SPIN can be used and copied freely,
but please acknowledge the originators in all publications

The SPIN was originally devised by Dr Diana Jackson

Further information and advice may be obtained from:

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Script for administering the SPIN

SPIN Score sheet

Score yes/no answers by ringing as appropriate

Score Q5 by ringing all numbers patient points to

Score Qs 8, 10, 12 by ringing number selected

1. Please show me 'Yes'
2. Now please show me 'No'
3. Which picture shows **shoulder pain**?
4. Which picture shows **no pain**?

Here are some circles?

5. Can you point to each one?

This scale is for you to show how bad your pain is (gesture pain)

This (indicate bottom circle) shows **no pain**

The **red (indicate each circle) gets bigger and bigger**

It shows **pain** getting worse and **worse**

This (indicate **top circle**) shows **pain** as **bad** as it could be

- | | | |
|--|------------|-----------|
| 1. Word patient indicates | Yes | No |
| 2. Word patient indicates | Yes | No |
| 3. Indicates picture showing shoulder pain | Yes | No |
| 4. Indicates picture showing no pain | Yes | No |

- | | | | | | | |
|-----------------------|----------|----------|----------|----------|----------|----------|
| 5. Points to each one | 0 | 1 | 2 | 3 | 4 | 5 |
|-----------------------|----------|----------|----------|----------|----------|----------|

.....

6. Do **you** have **pain** in this (indicate patient's) **shoulder**?
7. Do you have **pain** in this **shoulder** at rest (sitting still)?
8. How **bad** is the **pain** when you're at rest (sitting still)?
9. Do you have **pain** in this **shoulder** on movement?
10. How **bad** is the **pain** on movement?
11. Do you have **pain** in this **shoulder** at **night**?
12. How **bad** is the **pain** at **night**?

- | | | | | | | |
|----------------------------|------------|-----------|----------|----------|----------|----------|
| 6. Word patient indicates | Yes | No | | | | |
| 7. Word patient indicates | Yes | No | | | | |
| 8. Scale point indicated | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. Word patient indicates | Yes | No | | | | |
| 10. Scale point indicated | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. Word patient indicates | Yes | No | | | | |
| 12. Scale point indicated | 0 | 1 | 2 | 3 | 4 | |

Yes

No

0

1. Please show me **'Yes'**
2. Now please show me **'No'**

Which picture shows
shoulder pain?

Which picture shows
no pain?

1



2

Here are some circles

Can you point to each one?

This scale is for you to show how bad your pain is (gesture pain)

(indicate **bottom circle**)

This shows **no pain**

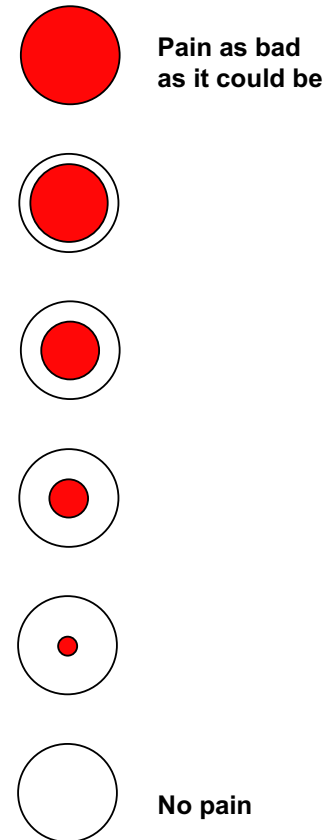
(indicate **each circle**)

The **red gets bigger and bigger**

It shows **pain** getting worse and **worse**

(indicate **top circle**)

This shows **pain** as **bad** as it could be



Do **you** have
pain
in your
shoulder?



Yes

No

4

Yes

No

0

**Pain when
sitting still**



9

Do you have
pain
in your
shoulder
when
sitting still?

Yes

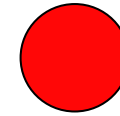
No

10

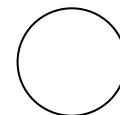
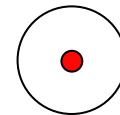
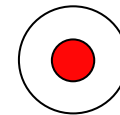
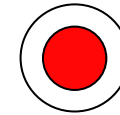
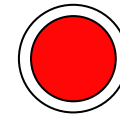
How **bad** is the **pain**
when
sitting still?



11



**Pain as bad
as it could be**



No pain

12

Pain when your
arm is **moved**



5

Do you have
pain
in your
shoulder
when your arm is
moved?

Yes

No

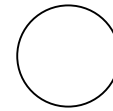
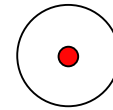
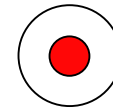
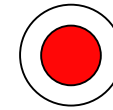
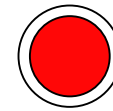
6

How **bad** is the **pain**
when your
arm is **moved**?



7

 Pain as bad
as it could be



No pain

8

Pain at night



13

Do you have
pain
in your
shoulder
at
night?

Yes

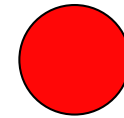
No

14

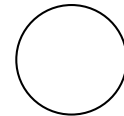
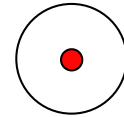
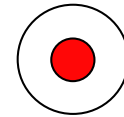
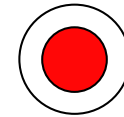
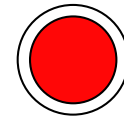
How **bad** is the **pain**
at **night**?



15



**Pain as bad
as it could be**



No pain

16

Validation of the SPIN

The SPIN was developed in the course of a PhD thesis undertaken by Diana Jackson at Southampton University 2004.

It was initially validated in a population of patients with chronic pain who did not have any cognitive or communication impairments, so that they were able to give articulate feedback about the scale.

Source reference

Jackson D, Horn S, Kersten P, Turner-Stokes L.

Development of a pictorial scale of pain intensity for patients with communication impairments: initial validation in a general population.

Clinical Medicine. 2006; 6(6):580-5

Application of the SPIN in patients with communication impairments

Its use has been further explored in a group of patients with complex neurological disabilities in the Regional Rehabilitation Unit at Northwick Park Hospital, where it is found that a small number of patients who are unable to report pain using standard numbered or visual analogue scales are able to report pain using facilitated techniques based on structured interview using the SPIN

Jackson D, Horn S, Kersten P, Turner-Stokes L.

A pictorial scale of pain intensity (SPIN) for patients with communication impairments

International Journal of Therapy and Rehabilitation. 2006; 13 (10): 457-463

The SPIN-screen

A screening version of the tool – the SPIN Screen – has subsequently been developed. The paper describing its validation is now in press.

Turner-Stokes L, Disler R, Shaw A, Williams H.

Screening for pain in patients with cognitive and communication difficulties: Evaluation of the SPIN-Screen

Clinical Medicine 2008 Aug;8(4):393-8. doi: 10.7861/clinmedicine.8-4-393