



## The Self-Perceived 'Pain Assessment Competencies' Scale (Self-PAC Scale)<sup>1</sup>

### A. Cancer pain assessment – Knowledge

**Q1.** On a scale of 0 to 10 (0 = 'No Knowledge', 10 = 'Excellent Knowledge'), how would you rate your **OVERALL** cancer pain **assessment knowledge**?

0 = 'No Knowledge'

10 = 'Excellent Knowledge'

0	1	2	3	4	5	6	7	8	9	10
<input type="radio"/>										

**Q2.** On a scale of 0 to 10 (0 = 'Poor', 10 = 'Excellent'), how would you rate your **confidence** to undertake a comprehensive pain assessment?

0 = 'No Knowledge'

10 = 'Excellent Knowledge'

0	1	2	3	4	5	6	7	8	9	10
<input type="radio"/>										

1. Phillips JL, Heneka N, Hickman L, Lam L. Self-Perceived Pain Assessment Knowledge and Confidence (Self-PAC) Scale for Cancer and Palliative Care Nurses: A Preliminary Validation Study. *Pain Manag Nurs.* 2018;19(6):619-26.



### A. Cancer pain assessment – Knowledge (cont.)

**Q3.** On a scale of 0 to 10 (0 =No knowledge, 10 = Excellent knowledge), how would you rate your current knowledge in the following areas:

0 = 'No Knowledge'

10 = 'Excellent Knowledge'

	0	1	2	3	4	5	6	7	8	9	10
<b>3a.</b> Identifying the elements of a comprehensive pain assessment	<input type="radio"/>										
<b>3b.</b> Instructing patients to rate their pain using a visual analogue scale (0-10)	<input type="radio"/>										
<b>3c.</b> Instructing patients to rate their pain using a categorical scale (e.g., mild, moderate, severe)	<input type="radio"/>										
<b>3d.</b> Instructing patients to rate their pain using a 'faces' scale	<input type="radio"/>										
<b>3e.</b> Using the Brief Pain Inventory (BPI) to assess pain	<input type="radio"/>										
<b>3f.</b> Using the Abbey Pain Scale to assess pain	<input type="radio"/>										
<b>3g.</b> Assessing the location of the patient's pain	<input type="radio"/>										
<b>3h.</b> Identifying if the patient has nociceptive pain	<input type="radio"/>										
<b>3i.</b> Identifying if the patient has neuropathic pain	<input type="radio"/>										
<b>3j.</b> Measuring changes in the patient's pain severity over time	<input type="radio"/>										
<b>3k.</b> Assessing the patient's understanding of their pain	<input type="radio"/>										



**B. Pain Assessment – Confidence**

**Q4.** On a scale of 0 to 10 (0 = 'Not at all confident', 10 = Very confident), how would you rate your current **confidence** for each of the following:

0 = 'Not at all Confident'

10 = 'Very Confident'

	0	1	2	3	4	5	6	7	8	9	10
<b>4a.</b> Identifying if a patient is in pain	<input type="radio"/>										
<b>4b.</b> Responding to patient reports of pain	<input type="radio"/>										
<b>4c.</b> Conducting a comprehensive pain assessment	<input type="radio"/>										
<b>4d.</b> Systematically documenting your pain assessment findings	<input type="radio"/>										
<b>4e.</b> Reassessing your patients' pain	<input type="radio"/>										
<b>4f.</b> Reporting your pain assessment findings to other staff	<input type="radio"/>										
<b>4g.</b> Titrating your patient's PRN analgesia based on the findings of your pain assessment	<input type="radio"/>										
<b>4h.</b> Handing over pain assessment findings to receiving staff	<input type="radio"/>										
<b>4i.</b> Taking responsibility for initiating a pain assessment of your patient	<input type="radio"/>										
<b>4j.</b> Knowing where to access cancer pain management guidelines	<input type="radio"/>										
<b>4k.</b> Knowing how to use cancer pain management guidelines to improve patient pain	<input type="radio"/>										
<b>4l.</b> Differentiating between nociceptive and neuropathic pain	<input type="radio"/>										
<b>4m.</b> Assessing psychosocial elements of pain	<input type="radio"/>										

1. Phillips JL, Heneka N, Hickman L, Lam L. Self-Perceived Pain Assessment Knowledge and Confidence (Self-PAC) Scale for Cancer and Palliative Care Nurses: A Preliminary Validation Study. *Pain Manag Nurs.* 2018;19(6):619-26.