

# Labour Coping Assessment

0 Pain Free	1 Very Mild	2 Discomforting	3 Tolerable	4 Distressing	5 Very Distressing	6 Intense	7 Very Intense	8 Utterly Horrible	9 Excruciating Unbearable	10 Unimaginable Unspeakable
NO PAIN	MINOR PAIN			MODERATE PAIN			SEVERE PAIN			



**COPING VERY WELL**

Excited  
Calm and relaxed

**COPING WELL**

Confident  
Needing to concentrate

**COPING**

Hard but coping well  
Needing support

**STRUGGLING**

Tense and afraid  
Nothing seems to help

**NOT COPING**

Feels impossible  
Desperate and panicked

**Tips**

- Let them know they are coping well
- Eat and drink regularly
- Be there to support them

**Tips**

- Encourage
- Create the room for romance
- Be there to support them

**Tips**

- Reassure them they can do this
- Change position
- Comfort measures
- Needing active support

**Tips**

- Relaxation
- Change position
- Massage
- Eat and drink regularly
- Needing active support

**Tips**

- Eye to eye contact
- Talk firmly but do not raise your voice
- Stay calm
- Get them to breathe with you
- Get them back in control

**0 No Pain**

**1-3 Mild Pain**  
Pain doesn't interfere with your regular activities.

1. You may barely notice the pain.
2. You may feel some tinges of pain.
3. You may notice the pain but you can tolerate it.

**4-6 Moderate Pain**  
Pain may interfere with your regular activities.

4. You can ignore the pain at times.
5. You can't ignore the pain but you can still work through some activities.
6. Pain makes it hard to concentrate.

**7-9 Severe Pain**  
Pain keeps you from doing your regular activities.

7. Pain distracts you and limits your ability to sleep.
8. Pain is so intense that you have trouble talking.
9. Pain is so bad that you can't do any of your regular activities, including talking or sleeping.

**10 Worst Pain You Can Imagine**