PAIN ASSESSMENT TOOL

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Location
Intensity
Patient rates pain 0-10 or use scales below
Pain at present
Worst pain gets
Best pain gets
Acceptable level of pain

Quality (Use patient's own words)
Onset, Duration, variations, rhythms
Manner patient expresses pain
What relieves pain?
What causes or increase pain?
Effects of pain?

If new pain medication ordered, did you begin Bowel protocol?

Checklist of Nonverbal Pain Indicators (CNPI) for Cognitively Impaired Adults

Use "0" if the behavior was not observed and "1" if the behavior occurred even briefly during activity or rest.

Once you total the score, base the number on the numeric pain scale 0 - 10. If the score totals from 10 - 12 this is considered excruciating pain. (Feldt, 2000).

	With Movement	Rest
VOCAL COMPLAINTS: NONVERBAL Expression of pain, not in words, moans, groans, cries, gasps, sighs.		
FACIAL GRIMACES/WINCES Furrowed brow, narrowed eyes, tightened lips, dropped jaw, clenched teeth, distorted expression.		
BRACING Clutching or holding on to siderails, bed tray table, or affected area during movement.		
RESTLESSNESS Constant or intermittent shifting of position, rocking, intermittent or constant hand motions, inability to keep still.		
RUBBING Massaging affected area. In addition, record verbal complaints.		
VOCAL COMPLAINTS: VERBAL Words expressing discomfort or pain - "ouch", "that hurts," cursing during movement, or exclamations of protest - "stop," "that's enough."		
Subtotal scores		
Total score		

Pediatric patients or non-responsive patients can be assessed using the University of Michigan Behavioral Pain Assessment Scale (FLACC Scale) as follows:

FLACC SCALE

Rate patient in each of the five measurement categories, add together, and document total pain score (0 - 10).

	0	1	2
FACE	No particular expression or smile.	Occasional grimace or frown, withdrawn.	Frequent to constant frown.
LEGS	Normal position or relaxed.	Uneasy, restless, tense.	Kicking or legs drawn upward.
ACTIVITY	Lying quietly, normal position, moves easily.	Squirming, shifting back and forth, tense.	Arched, rigid or jerking.
CRY	No cry (awake or asleep).	Moans, whimpers, occasional complaint.	Crying steadily, screams or sobs, complaining.
CONSOLABILITY	Content and relaxed.	Reassured by occasional touching, hugging, or "talking."	Difficult to console or comfort.

Hospice of Palm Beach County, Inc., 5300 East Ave ■ West Palm Beach ■ FL ■ 33407
(561) 848-5200 (561) 227-5140 (888) 848-5200

0 - 10 Escala Numérica de la Intensidad de Dolor (Spanish)

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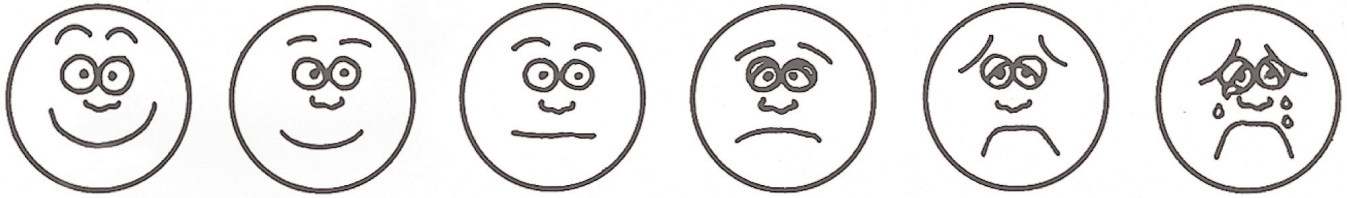
0 - 10 Meziré Ki Valé Doulé Ou Genyen Ak Nimewo Sw-a-yo (Creole)

VISUAL PAIN SCALE



0	2	4	6	8	10
No Hurt	Hurts Little Bit	Hurts Little More	Hurts Even More	Hurts Whole Lot	Hurts Worst

Ningún Dolor	Dolor moderado	Dolor peor posible
Pa gen doulé di tou	Y on doulé ki pa tro fo	Y on doulé pi fó anpil