

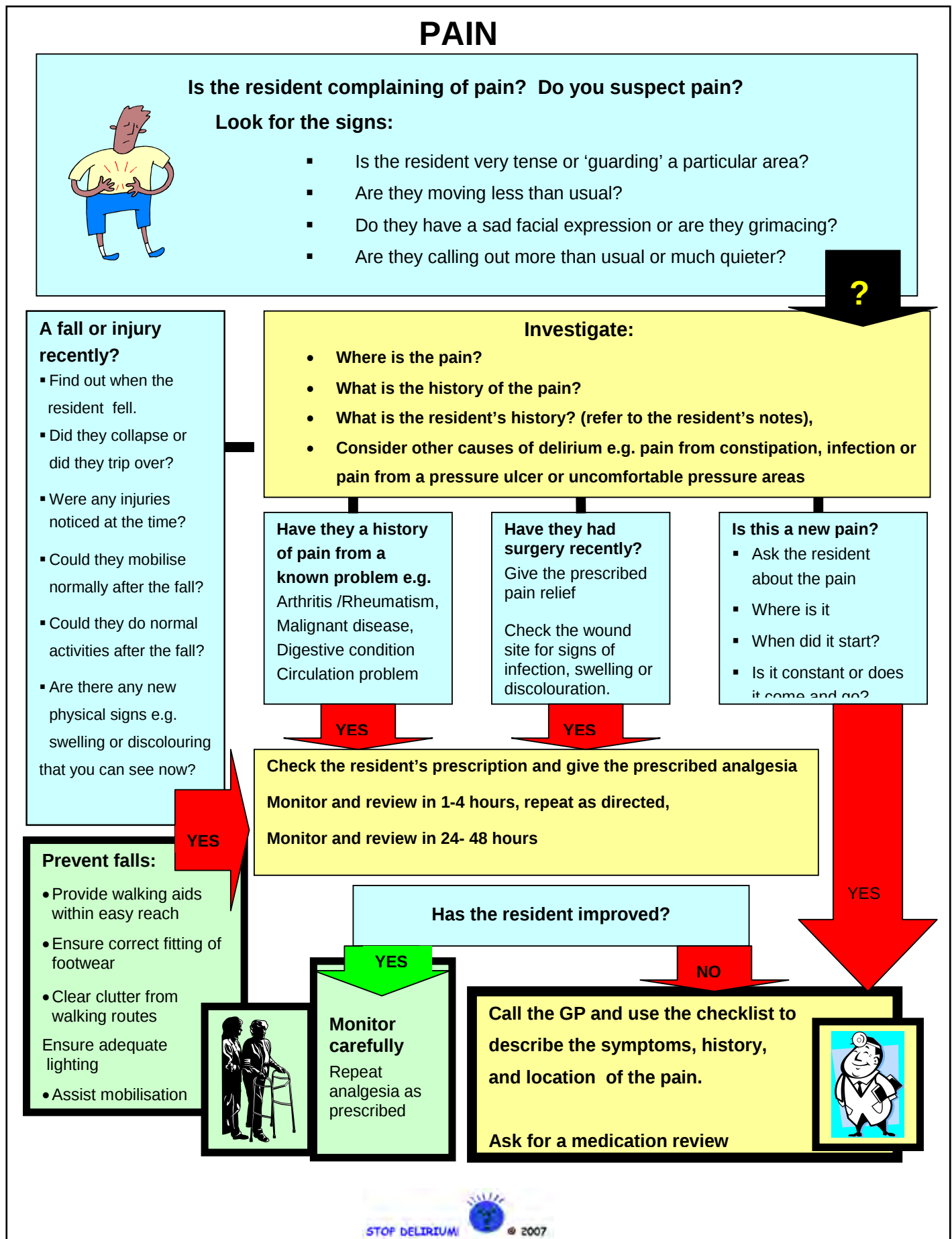
Section seven

Pain





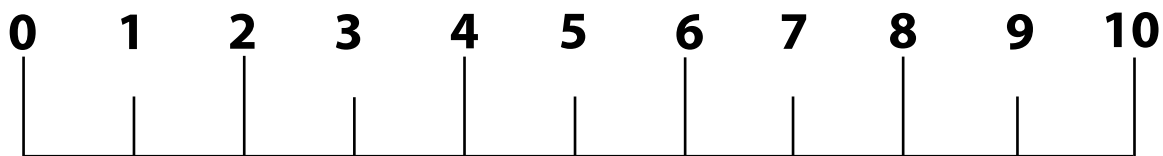
Pain flow chart





Numerical Pain Assessment Tool

Point to the number that best represents the intensity of your pain



0 = No Pain

5 = Moderate Pain

10 = Severe pain



Pain Assessment for People Unable to Communicate (PAINAD)

Instructions: Observe the patient for five minutes before scoring his or her behaviors. Score the behaviors according to the following chart. Definitions of each item are provided on the following page. The patient can be observed under different conditions (e.g. at rest, during a pleasant activity, during care giving, after the administration of pain medication).

Behavior	0	1	2	Score
Breathing Independent of vocalization	• Normal	• Occasional laboured breathing • Short period of hyperventilation	• Noisy laboured breathing • Long period of hyperventilation • Cheyne-Stokes respirations	
Negative vocalization	• None	• Occasional moan or groan • Low-level speech with a negative or disapproving quality	• Repeated troubled calling out • Loud moaning or groaning • Crying	
Facial expression	• Smiling or inexpressive	• Sad • Frightened • Frown	• Facial grimacing	
Body language	• Relaxed	• Tense • Distressed pacing • Fidgeting	• Rigid • Fists clenched • Knees pulled up • Pulling or pushing away • Striking out	
Consolability	• No need to console	• Distracted or reassured by voice or touch	• Unable to console, distract, or reassure	
Total score				

Scoring:

The total score ranges from 0-10 points.
A possible interpretation of the scores is:
1-3 = mild pain;
4-6 = moderate pain;
7-10 = severe pain.

These ranges are based on a standard 0-10 scale of pain, but have not been substantiated in the literature for this tool.

Source:

Warden V, Hurley AC, Volicer L. Development and psychometric evaluation of the Pain Assessment in Advanced Dementia (PAINAD) scale.
J Am Med Dir Assoc. 2003;4(1):9-15.



PAINAD Item Definitions (*Warden et al., 2003*)

Breathing

1. Normal breathing is characterised by effortless, quiet, rhythmic (smooth) respirations.
2. Occasional laboured breathing is characterised by episodic bursts of harsh, difficult, or wearing respirations.
3. Short period of hyperventilation is characterised by intervals of rapid, deep breaths lasting a short period of time.
4. Noisy laboured breathing is characterised by negative-sounding respirations on inspiration or expiration. They may be loud, gurgling, wheezing. They appear strenuous or wearing.
5. Long period of hyperventilation is characterised by an excessive rate and depth of respirations lasting a considerable time.
6. Cheyne-Stokes respirations are characterised by rhythmic waxing and waning of breathing from very deep to shallow respirations with periods of apnea (cessation of breathing).

Negative vocalization

1. None is characterised by speech or vocalisation which has a neutral or pleasant quality.
2. Occasional moan or groan is characterised by mournful or murmuring sounds, wails, or laments. Groaning is characterised by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
3. Low level speech with a negative or disapproving quality is characterised by muttering, mumbling, whining, grumbling, or swearing in a low volume with a complaining, sarcastic, or caustic tone.
4. Repeated troubled calling out is characterised by phrases or words being used over and over in a tone which suggests anxiety, uneasiness, or distress.
5. Loud moaning or groaning is characterised by mournful or murmuring sounds, wails, or laments in much louder than usual volume. Loud groaning is characterised by louder

than usual inarticulate involuntary sounds, often abruptly beginning and ending.

6. Crying is characterised by an utterance of emotion accompanied by tears. There may be sobbing or quiet weeping.

Facial expression

1. Smiling is characterised by upturned corners of the mouth, brightening of the eyes, and a look of pleasure or contentment. Inexpressive refers to a neutral, at ease, relaxed, or blank look.
2. Sad is characterised by an unhappy, lonesome, sorrowful, or dejected look. There may be tears in the eyes.
3. Frightened is characterised by a look of fear, alarm, or heightened anxiety. Eyes appear wide open.
4. Frown is characterised by a downward turn of the corners of the mouth. Increased facial wrinkling in the forehead and around the mouth may appear.
5. Facial grimacing is characterised by a distorted, distressed look. The brow is more wrinkled, as is the area around the mouth. Eyes may be squeezed shut.

Body language

1. Relaxed is characterised by a calm, restful, mellow appearance. The person seems to be taking it easy.
2. Tense is characterised by a strained, apprehensive, or worried appearance. The jaw may be clenched. (Exclude any contractures.)
3. Distressed pacing is characterised by activity that seems unsettled. There may be a fearful, worried, or disturbed element present. The rate may be faster or slower.
4. Fidgeting is characterized by restless movement. Squirming about or wiggling in the chair may occur. The person might be hitching a chair across the room. Repetitive touching, tugging, or rubbing body parts can also be observed.



PAINAD Item Definitions (*Warden et al., 2003*) Continued

5. Rigid is characterised by stiffening of the body. The arms and/or legs are tight and inflexible. The trunk may appear straight and unyielding. (Exclude any contractures.)

6. Fists clenched is characterised by tightly closed hands. They may be opened and closed repeatedly or held tightly shut.

7. Knees pulled up is characterised by flexing the legs and drawing the knees up toward the chest. An overall troubled appearance. (Exclude any contractures.)

8. Pulling or pushing away is characterised by resistiveness upon approach or to care. The person is trying to escape by yanking or wrenching him- or herself free or shoving you away.

9. Striking out is characterised by hitting, kicking, grabbing, punching, biting, or other form of personal assault.

Consolability

1. No need to console is characterised by a sense of well-being. The person appears content.

2. Distracted or reassured by voice or touch is characterised by a disruption in the behaviour when the person is spoken to or touched. The behaviour stops during the period of interaction, with no indication the person is at all distressed.

3. Unable to console, distract, or reassure is characterised by the inability to soothe the person or stop a behaviour with words or actions. No amount of comforting, verbal or physical, will alleviate the behaviour.