

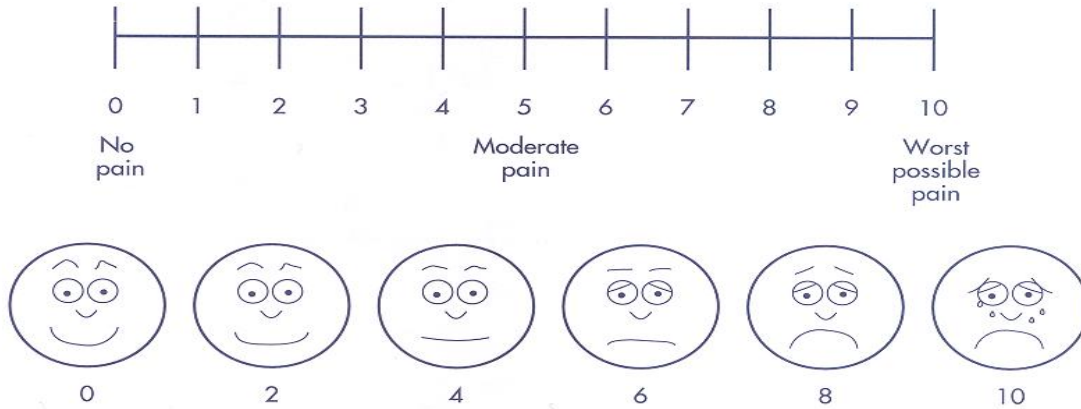


## Information for You from Your Health Care Team

### PAIN ASSESSMENT TOOLS

Verbal scales for patients able to verbalize their pain level

Pain Rating Scales



Non Verbal: for patients that require nursing to assess their pain level

FLACC SCALE

<b>FACE</b>	0 No particular expression or smile	1 Occasional grimace or frown, withdrawn, disinterested	2 Frequent to constant frown, clenched jaw, quivering chin
<b>LEGS</b>	0 Normal position or relaxed	1 Uneasy, restless, tense	2 Kicking or legs drawn up
<b>ACTIVITY</b>	0 Lying quietly, normal position, moves easily	1 Squirming, shifting back and forth, tense	2 Arched, rigid, or jerking
<b>CRY</b>	0 No cry (awake or asleep)	1 Moans or whimpers, occasional complaint	2 Crying steadily, screams or sobs, frequent complaints
<b>CONSOLABILITY</b>	0 Content relaxed	1 Reassured by occasional touching, hugging, or Atalking to.≡	2 Difficult to console or comfort

## PAIN ASSESSMENT Cont'd

### UNABLE TO SELF REPORT (USR) PAIN RATING SCALE

For ages 8 to Adult Unable to Self Report Pain  
(Language barrier, cognitive impairment, developmental limitations)

<b>RESPIRATORY</b>	0 Baseline RR, Normal/ or ventilator compliance,	1 Occasional labored breathing, short occasional period of hyperventilation, mild asynchrony with vent, or RR>10 above baseline or $\geq 5\%$ $\downarrow$ SpO2	2 Noisy, labored breathing: long period of hyperventilation, moderate-severe asynchrony with vent, RR>20 above baseline or $\geq 10\%$ $\downarrow$ SpO2
<b>PHYSIOLOGY</b> *(see guidelines below)	0 Stable Vital signs	1 <u>Change from base line</u> in any of the following: SBP >20 mm HG HR>20/minute	2 <u>Change from base line</u> in any of the following: SBP >30 mm HG HR>25/minute
<b>FACIAL EXPRESSIONS</b>	0 Neutral or smiling	1 Occasional grimacing, tearing, frowning, wrinkled forehead	2 Frequent grimacing, tearing, frowning, wrinkled forehead
<b>BODY LANGUAGE</b>	0 Relaxed, normal muscle tone	1 Occasional squirming, tense, splinting areas of the body, slow cautious movement	2 Frequent squirming, rigid, restless, rocking, excessive activity and/or withdrawal reflexes
<b>CONSOLABILITY</b>	0 No need to console, content, relaxed	1 Distracted or reassured by voice or touch	2 Difficult or unable to console, distract or reassure

Speak up at any time if you have questions or concerns

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