

Pain Assessment Tool Guidelines for use: PAINAD

Indicators and summary of scoring (see page 2 for more detailed descriptions)	Date													
	Time													
Breathing 0 = Normal breathing 1 = Occasional laboured breathing; Short period of hyperventilation 2 = Noisy laboured breathing; Long period of hyperventilation; Cheyne-Stokes respiration														
Negative vocalizations 0 = None 1 = Occasional moan/groan. Low level, speech with a negative or disapproving quality 2 = Repeated troubled calling out; Loud moaning or groaning; Crying														
Facial Expression 0 = Smiling or inexpressive 1 = Sad, frightened, frown 2 = Facial grimace														
Body Language 0 = Relaxed 1 = Tense, distressed, pacing, fidgeting. 2 = Rigid, fists clenched; Knees pulled up; Striking out; Pulling or pushing away.														
Consolability 0 = No need to console 1 = Distracted by voice or touch 2 = Unable to console, distract or reassure														
TOTAL SCORE														

How to use: Assess patient during periods of activity, such as turning, ambulating, transferring. Obtain the total score by adding scores from the 5 indicators observed. Total score ranges from a minimum of 0 to a maximum of 10.

Populations for use: The primary population for use of the PAINAD is the adult patient with dementia who is unable to self report pain level.

Validity and reliability: While self-report remains the “gold standard” for pain assessment, several studies have indicated that the PAINAD is an accurate assessment tool for use in the adult patient population for whom self-report is not a reliable tool due to their altered cognitive abilities.

References:

Herr, K. & Garand, L. (2001). Assessment and measurement of pain in older adults. *Clinics in Geriatric Medicine*, 17, 457-478.
 Leong, I., Chong, M., & Gibson, S. (2006). The use of self-reported pain measure, a nurse-reported pain measure, and the PAINAD in nursing home residents with moderate and severe dementia: a validation study. *Age and aging*, 35, 252-256.
 Warden, V., Hurley, a., Volicer, L. (2003). Development and psychometric evaluation of the pain assessment in advanced dementia (PAINAD) scale. *American Medical Directors Association*, 4, 9-15.
 PAINAD pain assessment tool (author Paul Howard, consultant in palliative medicine, January 2018; revision due January 2021)

PAINAD: ITEM DEFINITIONS

Breathing:

- *Normal breathing* is characterized by effortless, quiet, rhythmic (smooth) respirations
- *Occasional labored breathing*: episodic bursts of harsh, difficult or wearing respirations.
- *Short period of hyperventilation*: intervals of rapid, deep breaths lasting a short period of time.
- *Noisy labored breathing*: sounds on inspiration or expiration. They may be loud, gurgling, wheezing. They appear strenuous or wearing.
- *Long period of hyperventilation*: an excessive rate and depth of respirations lasting a considerable time.
- *Cheyne-Stokes respirations*: rhythmic waxing and waning of breathing from very deep to shallow respirations with periods of apnea.

Negative Vocalization:

- *None* is characterized by speech or vocalization that has a neutral or pleasant quality.
- *Occasional moan or groan*: Moaning is mournful or murmuring sounds, wails or laments. Groaning is louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
- *Low level speech; negative or disapproving quality*: muttering, whining, or swearing in a low volume. Complaining, sarcastic or caustic.
- *Repeated troubled calling out* : phrases or words being used over and over in a tone that suggests anxiety, uneasiness, or distress.
- *Loud moaning or groaning* : mournful or murmuring sounds, wails or laments in much louder than usual volume. Loud groaning is characterized by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
- *Crying* : an utterance of emotion accompanied by tears. There may be sobbing or quiet weeping.

Facial Expression:

- *Smiling* (upturned corners of the mouth with a look of pleasure or contentment) *or inexpressive* (neutral, at ease, relaxed)
- *Sad* : an unhappy, lonesome, sorrowful, or dejected look. There may be tears in the eyes.

- *Frightened* : a look of fear, alarm or heightened anxiety. Eyes appear wide open.
- *Frown* : a downward turn of the corners of the mouth. Increased facial wrinkling in the forehead and around the mouth may appear.
- *Facial grimacing* : a distorted, distressed look. The brow is more wrinkled as is the area around the mouth. Eyes may be squeezed shut.

Body Language:

- *Relaxed*: a calm, restful, mellow appearance. The person seems to be taking it easy.
- *Tense* : a strained, apprehensive or worried appearance. The jaw may be clenched. (exclude any contractures)
- *Distressed pacing*: activity that seems unsettled. May appear fearful, worried, or disturbed. Pacing may be faster or slower than usual.
- *Fidgeting*: restless movement. Squirming about or wiggling, may hitch a chair across the room. Repetitive touching, tugging or rubbing.
- *Rigid*: stiffening of the body. The arms and/or legs are tight and inflexible. The trunk may appear straight and unyielding. (not contractures)
- *Fists clenched* : tightly closed hands. They may be opened and closed repeatedly or held tightly shut.
- *Knees pulled up* : flexing the legs and drawing the knees up toward the chest. An overall troubled appearance. (exclude any contractures)
- *Pulling or pushing away* : Resists attempts of others to help. Tries to escape by yanking or wrenching free or shoving helpers away.
- *Striking out* : hitting, kicking, grabbing, punching, biting, or other form of personal assault.

Consolability:

- *No need to console*: a sense of well being. The person appears content.
- *Distractions or reassured by voice or touch*: Behavior suggestive of distress stops when the person is spoken to or touched.
- *Unable to console, distract or reassure*: the inability to soothe the person or stop a behavior with words or actions. No amount of comforting, verbal or physical, will alleviate the behavior suggestive of distress.