

File in 3rd spine



Royal Cornwall Hospitals
NHS Trust

Name: _____
 Address: _____

 Date of birth: _____
 CR number: _____
 NHS number: _____

Affix patient label

PAINAD Chart

Commencement date: _____ Location: _____

Instructions: Observe the patient for five minutes before scoring his or her behaviours. Score the behaviours 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 caregiving, after the administration of pain medication).

| Behaviour | 0 | 1 | 2 | Score |
|---|---------------------------|--|---|-------|
| Breathing Independent of vocalization | • Normal | • Occasional laboured breathing • Short period of hyperventilation | • Noisy laboured breathing • Long period of hyperventilation | |
| Negative vocalization | • None | • Occasional moan or groan • Low level speech with a negative or disapproving quality | • Repeated troubled calling out • Loud moaning or groaning | |
| 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 | |

Scoring: 1 - 3 = Mild pain, 4 - 6 = Moderate pain & 7 - 10 = Severe pain **TOTAL SCORE**

PAINAD - Pain Assessment

| Date: | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 | 2100 | 2200 | 2300 | 0000 | 0100 | 0200 | 0300 | 0400 | 0500 | 0600 | 0700 |
|---------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Breathing | | | | | | | | | | | | | | | | | | | | | | | | |
| Negative vocalisation | | | | | | | | | | | | | | | | | | | | | | | | |
| Facial expression | | | | | | | | | | | | | | | | | | | | | | | | |
| Body language | | | | | | | | | | | | | | | | | | | | | | | | |
| Consolability | | | | | | | | | | | | | | | | | | | | | | | | |
| Total score | | | | | | | | | | | | | | | | | | | | | | | | |
| Assessors initials | | | | | | | | | | | | | | | | | | | | | | | | |

