

Individualized Pain Scale Example

(based on observable behavior)

Name: _____

	Scale	SYMPTOMS TO DETERMINE SCALE NUMBER
	0	<p>Awake -Smiles, no head turning.</p> <p>OR- face relaxed, no facial tension but not smiling; relaxed, easy breathing; absence of a negative response such as whimpering or turning away when approached by staff. She may be holding still i.e., no head turning, relaxed arms, restful, easy breathing.</p> <p>Asleep – Sleeps comfortably, deeply and calmly.</p>
	1	<p>Awake – Focused “stare”, no head turning, deliberate (more forceful) exhale and inhale, body immobile.</p> <p>Asleep – Wakes up off and on, may rub face or sigh, and then go back to sleep.</p>
	2	<p>Awake – Focused stare, deliberate exhale and inhale without vocalizations, body immobile, head turning, negative response when approached by staff such as vocalizing a cry or whine (escalates immediately to level 3 when approached).</p> <p>Asleep – Appears to be sleeping with eyes closed and with stiffness of body. If touched, eyes open and starts head turning and grimacing.</p>
	3	<p>Awake – Focused stare, deliberate and forceful inhale and exhale without vocalizations, head turning, mouth pursing (tight lips), frowning, negative response when approached (escalates immediately to level 4 when approached).</p> <p>Unable to sleep – head turning, rubbing face with hands, sighing, frowning, body stiff.</p>
	4	<p>Awake – Focused stare, body immobile, facial grimace with teeth showing, heavy respiration with moan on exhale, head turning.</p> <p>Unable to sleep – Takes ½ to 1 hour to calm after moved or changed.</p>
	5	<p>Awake – Moaning constantly, whole body tense, severe facial grimace, shoulders may leave surface of mattress when forcefully turning head side to side, and may put hand to mouth but no biting.</p> <p>Unable to sleep - Does not calm.</p>
	6	<p>Awake – Crying tears or biting hand.</p>
	7	<p>Awake – Reddened face, raises entire upper trunk section off mattress, wide mouth open and screams, stops breathing for 3-4 seconds and does not calm.</p>
	8	<p>Awake – Emergency room pain, Passed out from pain, unconscious.</p>