

Por favor senale al numero, palabras, o la cara que mejor exprese el dolor que tienes ahora



Sin dolor

Dolor leve

Dolor moderado

Dolor fuerte

Dolor muy fuerte

El peor dolor



These numbers, words or faces show how much something can hurt. The left-most number, words or face shows no pain. With each progressive number, phrase or face to the right indicates more pain, with the far right of each scale indicating the worst possible pain. Have the patient point to the number, phrase or face that shows how much they hurt right now. See instruction in Spanish above.

Checklist of Nonverbal Pain Indicators (CNPI)*

Indicator	At Rest	With Movement	Total Score
Vocal Expressions: Moans, groans, grunts, cries, sighs, gasps, “ouch”			
Facial Expression: Winces, grimace, furrowed brow, tight lips/jaw			
Bracing: Clutching, holding side rails, bed tray, table, or area of pain			
Restlessness: Shifting position, hand movements, unable to keep still			
Rubbing: touching, holding, rubbing or massaging affected area			
0 = behavior not observed 1 = behavior observed at rest OR movement 2 = behavior observed at rest AND movement	TOTAL:		
		(0-10)	

Pain Assessment in Advanced Dementia: PAINAD

Indicator	Score = 0	Score = 1	Score = 2	Total Score
Breathing:	Normal breathing	Occasional labored breathing Short period of hyperventilation	Noisy labored breathing. Long period of hyperventilation. Cheyne-Stokes respiration	
Negative vocalizations:	None	Occasional moan/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 grimace	
Body Language	Relaxed	Tense, distressed, pacing, fidgeting.	Rigid, fists clenched. Knees pulled up. Striking out. Pulling or pushing away.	
Consolability:	No need to console	Distracted by voice or touch.	Unable to console, distract or reassure.	
			TOTAL:	

*Scoring modified to standardize to the MGH policy of ranking pain on a 0-10 scale