

Pain Assessment Tool Guidelines for use: 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:	

Description: The Pain Assessment in Advanced Dementia (PAINAD) was developed to assess pain in patients who are cognitively impaired, non-communicative, or suffering from dementia and unable to use self report methods to describe pain. Observation of patients during activity records behavioral indicators of pain: breathing, negative vocalization, facial expression, body language, and consolability.

How to use: PAINAD is a five item observational tool with numerical equivalents for each of the five behavior items listed, with total scores ranging from 0 to 10. Each of the five assessments contains a range from 0 to 2 and the summation of each of the five categories results in the total numerical score. Please refer to the attached item descriptions. To use:

- Assess patient during periods of activity, such as turning, ambulating, transferring
- Assess patient for each of the 5 indicators: breathing, negative vocalization, facial expression, body language, and consolability
- Assign a numerical point value based on each of the 5 assessments observed
- Obtain a total score, by adding scores from the 5 indicators. 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: 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.

- *Distracted 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 sooth the person or stop a behavior with words or actions. No amount of comforting, verbal or physical, will alleviate the behavior suggestive of distress.