**Pain Assessment Tool Guidelines for use: PAINAD**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Score = 0</th>
<th>Score = 1</th>
<th>Score = 2</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breathing:</strong></td>
<td>Normal breathing</td>
<td>Occasional labored breathing</td>
<td>Noisy labored breathing. Long period of hyperventilation. Cheyne-Stokes respiration</td>
<td></td>
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<tr>
<td></td>
<td>Short period of hyperventilation</td>
<td></td>
<td></td>
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<tr>
<td><strong>Negative vocalizations:</strong></td>
<td>None</td>
<td>Occasional moan/groan. Low level, speech with a negative or disapproving quality</td>
<td>Repeated troubled calling out. Loud moaning or groaning. Crying.</td>
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<tr>
<td><strong>Facial Expression</strong></td>
<td>Smiling or inexpressive</td>
<td>Sad, frightened, frown</td>
<td>Facial grimace</td>
<td></td>
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<tr>
<td><strong>Consolability:</strong></td>
<td>No need to console</td>
<td>Distracted by voice or touch.</td>
<td>Unable to console, distract or reassure.</td>
<td></td>
</tr>
</tbody>
</table>

**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:**
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 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.