

“PAIN-AD”

Assessing Pain in Dementia/Cognitive Impairment

Observation	0	1	2	Score
Breathing and independent of vocalization	Normal	Occasional laboured breathing, Short period of hyperventilation	Noisy laboured breathing. Long period of hyperventilation. Cheyne-Stokes respirations.	
Negative Vocalization	None	Occasional moan or groan. Low level of speech with a negative or disapproving quality	Repeated trouble calling out.. Loud moaning or groaning. Crying.	
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	
			Total*	

* Total scores range from 0 to 10 (based on a scale of 0 to 2 for five items), with a higher score indicating more severe pain (0= “no pain” to 10= “severe pain”).

Using PAIN-AD

Instructions:

Observe the person both at rest and during activity with movement.

For each of the observations select the score (0,1, or 2) that reflects the current state of the person's behaviour.

Add the score for each observation to achieve a total score and document it.

Please note:

Behaviour observation scores should be considered in conjunction with knowledge of existing painful conditions and report from Individual knowledge of the person and their behaviours.

Remember that some individual may not demonstrate obvious pain behaviours or cue.