**Non-Verbal Cues for Pain and Anxiety Assessment**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **0** | **1** | **2** | **Score** |
| **Breathing Independent of Vocalization** | * **Normal**
 | * **Occasional labored breathing**
* **Short period of hyperventilation**
 | * **Noisy, labored breathing**
* **Long period of hyperventilation**
* **Cheyne-Stokes respirations**
 |  |
| **Negative** **Vocalizations** | * **None**
 | * **Occasional moans or groans**
* **Low level speech with a negative or disapproving quality**
 | * **Repeated calling out**
* **Loud moaning or groaning**
* **Crying**
 |  |
| **Facial Expressions** | * **Smiling or inexpressive**
 | * **Sad**
* **Frowning**
* **Frightened**
 | * **Facial grimacing**
 |  |
| **Body Language** | * **Relaxed**
 | * **Tense**
* **Distressed**
* **Pacing**
* **Fidgeting**
 | * **Rigid**
* **Fists clenched**
* **Knees pulled up**
* **Pulling-pushing away**
* **Striking out**
 |  |
| **Consolability** | * **No need to console**
 | * **Distracted or**

**reassured by voice or touch** | * **Unable to console, distract or reassure**
 |  |

**Scored Medication Guidelines:**

**0-3 Continue comfort meds as ordered**

**4-7 Give meds until score is <4;**

**8-10 Call MD/Hospice for orders to increase routine pain/anxiety meds**

**This assessment can be used for dementia and aphasia residents or on anyone who cannot tell you what is wrong with them.**

***Adapted from handout from Providence Hospice of Snohomish County***