**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***