

Validated and Reliable Pain Assessment Scales

Follow the Society of Critical Care Medicine's (SCCM's) 2013 Pain, Agitation, and Delirium (PAD) Guidelines to use either of the two scales below to routinely monitor pain in all adult patients who cannot self-report pain.

Behavioral Pain Scale (BPS)


Score Range: 3 (little/no pain) to 12 (severe pain)

Item	Description	Select 1 score for each category	Score
Facial Expression	▪ Relaxed	1	
	▪ Partially tightened (e.g., brow lowering)	2	
	▪ Fully tightened (e.g., eyelid closing)	3	
	▪ Grimacing	4	
Upper Limbs	▪ No movement	1	
	▪ Partially bent	2	
	▪ Fully bent with finger flexion	3	
	▪ Permanently retracted	4	
Compliance With Ventilator	▪ Tolerating movement	1	
	▪ Coughing but tolerates ventilator most of the time	2	
	▪ Fighting ventilator	3	
	▪ Unable to control ventilation	4	

TOTAL SCORE:

Critical-Care Pain Observation Tool (CPOT)

Score Range: 0 (little/no pain) to 8 (severe pain)

Indicator	Description	Select 1 score for each category	Score
Facial Expression	▪ No muscular tension observed	Relaxed, neutral	0
	▪ Frowning, brow lowering, orbit tightening, and levator contraction	Tense	1
	▪ All facial movements above, plus eyelid tightly closed	Grimacing	2
Body Movements	▪ Does not move at all (does not necessarily mean absence of pain)	Absence of movements	0
	▪ Slow, cautious movements, touching or rubbing pain site, seeking attention through movements	Protection	1
	▪ Pulling tube, attempting to sit up, moving limbs, thrashing, not following commands, striking at staff, trying to climb out of bed	Restlessness	2
Muscle Tension	▪ No resistance to passive movements	Relaxed	0
	▪ Resistance to passive movements	Tense, rigid	1
	▪ Strong resistance to passive movements, inability to complete them	Very tense or rigid	2
Compliance With Ventilator (intubated patients)	▪ Alarms not activated, easy ventilation	Tolerating ventilator or movement	0
	▪ Alarms stop spontaneously	Coughing but tolerating	1
	▪ Asynchrony: blocking ventilation, alarms frequently activated	Fighting ventilator	2
 Vocalization (extubated patients)	▪ Talking in normal tone or no sound	Talking in normal tone or no sound	0
	▪ Sighing, moaning	Sighing, moaning	1
	▪ Crying out, sobbing	Crying out, sobbing	2

TOTAL SCORE: