

BPS SCALE

The Behavioural Pain Scale is based on a total of 3 behaviours.

1) Facial Expression

2) Movement

3) Compliance with mechanical ventilation

The range of score for the BPS is 3 (no pain) to 12 (severe pain). Patients who score 6 or more are likely to be in significant pain.

The BPS has been shown to be reliable (good agreement between different individuals), valid (different scores correlate with different pain levels), and have discrimination (can detect differences in clinically important degrees of pain).

Research studies have shown that regular use of the BPS in ICUs can improve pain management and may improve clinical outcomes.

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 tolerating ventilation for most of the time	2
	Fighting ventilator	3
	Unable to control ventilation	4