



## PAIN SCALES PHYSIOTHERAPY

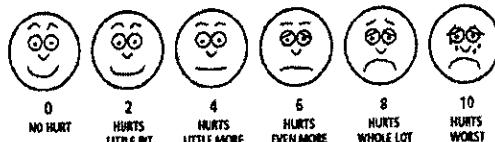
NIPS : Suggested age group upto 2 months

NEONATAL INFANT PAIN SCALE (NIPS)		
VARIABLE	FINDINGS	POINTS
FACIAL EXPRESSION	Relaxed(restful face, neutral expression)	0
	Grimace (tight facial muscles, furrowed brow, chin jaw)	1
CRY	No cry (quiet not crying)	0
	whimper(mild moaning, intermittent)	1
	vigorous crying (loud scream, shrill, continuous) in infant is intubated, score silent cry based on facial movement	2
BREATHING PATTERN	Relaxed (usual pattern for this infant)	0
	Change in breathing irregular faster than usual, gagging , breath holding)	1
ARMS	Relaxed (no muscular rigidity, occasional random movements of arms)	0
	Flexed /extended tense, straight arms, rigid and /or rapid extension, flexion)	1
LEGS	Relaxed (no muscular rigidity, occasional random leg movements)	0
	Flexed /extended(Tense, straight legs, rigid and / or rapid tension, flexion)	1
STATE OF AROUSAL	Sleeping /Awake (Quiet , peaceful, sleeping or alert and settled)	0
	Fussy (altered,restless and thrashing)	1
HEART RATE	Within 10% of baseline	0
	11.20% of baseline	1
	>20% of baseline	2
O2 SATURATION	No additional O2 needed to maintain O2 saturation	0
	Additional O2 required to maintain O2 saturation	1
0-3 mild a- Non pharmacological      b- pharmacological		4-6 moderate a- Non pharmacological      b- pharmacological
		7-10 severe Pharmacological

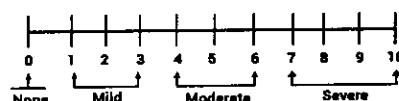
FLACC Scale : Suggested age group : 2 Months - 7 years

CATEGORIES	0	1	2
FACE	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw
LEGS	Normal position or relaxed	Uneasy, restless, tense	Kicking or legs drawn up
ACTIVITY	Lying Quietly, Normal position, moves easily	Squirming, shifting back and forth, tense	Arched, rigid or jerking
CRY	No Cry (awake or sleep)	Moans or whimper; occasional complaint	Crying steadily, screams or sobs, frequent complaints
CONSOLABILITY	Content, relaxed	Reassured by occasional touching, hugging or being talked to, distractible	Difficult to console or comfort
0 = Relaxed & comfortable    1-3 = mild discomfort		4-6 = Moderate pain	7-10 = severe pain

Wong and Baker Facial Grimace Scale : ( 7 yrs - 16 yrs)



NRS/VRS/VAS : Age group more than 16 yrs



CPOT (Critical- care pain observation tool) : Suggested for ventilated patients

Sr.No.	INDICATOR	FINDINGS	SCORE	
1	Facial expression	Relaxed, neutral	0	
		Tense	1	
		Grimacing	2	
2	Body movements	Absence of movements or normal position	0	
		Protection	1	
		Restlessness/Agitation	2	
3	A) Compliance with the ventilator (intubated patients)  OR B) Vocalization (extubated patients)	Tolerating ventilator or movement	0	
		Coughing but tolerating	1	
		Fighting ventilator	2	
		Talking in normal tone or no sound	0	
		Sighing, moaning	1	
4	Muscle tension	Crying out, sobbing	2	
		Relaxed	0	
		Tense, rigid	1	
Very tense or rigid			2	
TOTAL SCORE			0	