



Pain Scale

Is your baby
in pain?*

Take Assessment

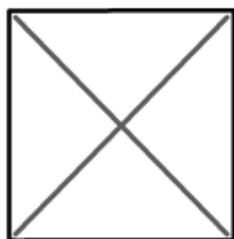
* Assessment based off of Neonatal Infant Pain Scale (NIPS). This test is not a substitute for a doctor. See doctor for further medical insight.



Pain Scale

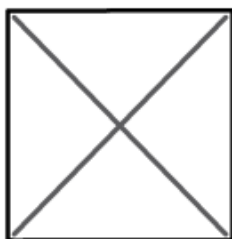
Question 1 of 6

What is your baby's
facial expression?



Relaxed

Restful face,
Neutral expression



Grimace

Tight facial muscles,
Furrowed brow/chin/jaw

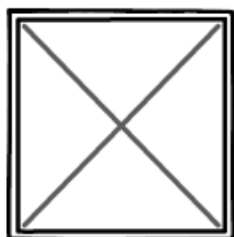
(Tap to select)



Pain Scale

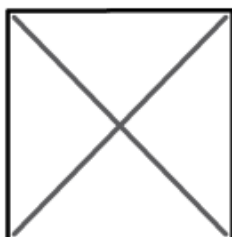
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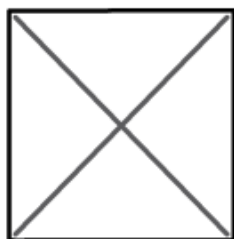
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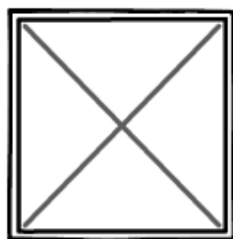
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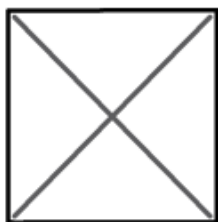
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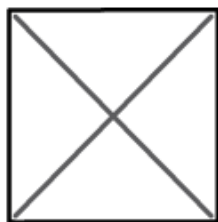
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Question 2 of 6

Is your baby crying?

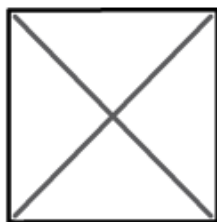


No Crying




Whimper

Mild moaning,
Intermittent



Vigorous

Loud scream rising,
Shrill continuous

 Back



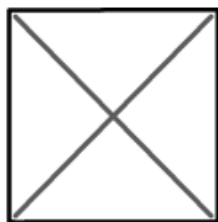
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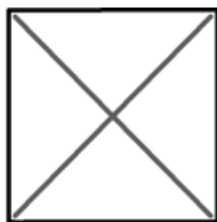


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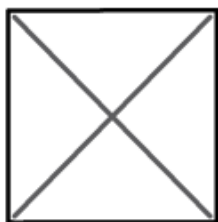
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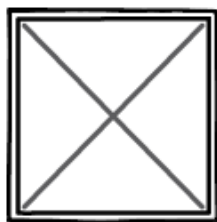
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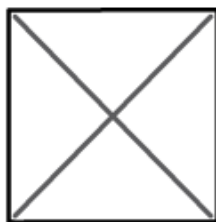


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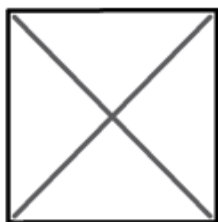
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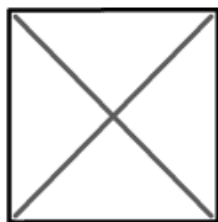
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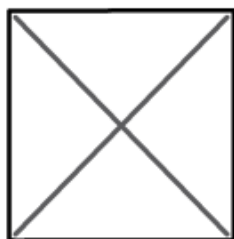
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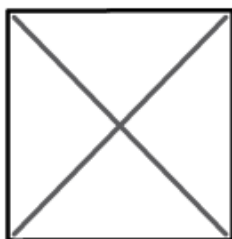
Question 3 of 6

How is your baby breathing?




Relaxed

Usual pattern
for the baby



Change in Breathing

Irregular, Faster than usual,
Gagging, Breath holding

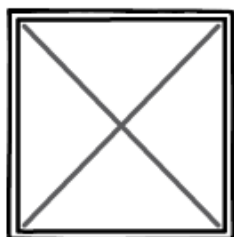
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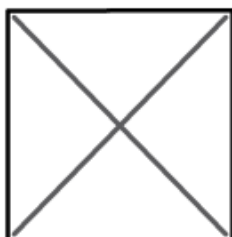
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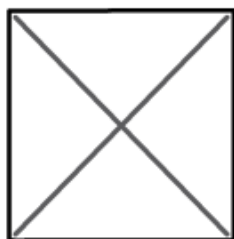
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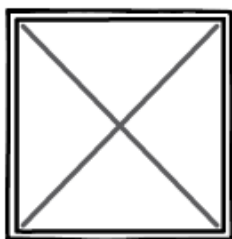
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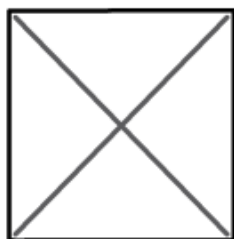
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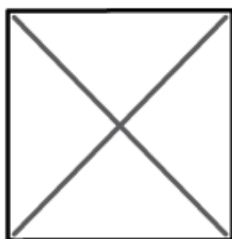
Question 4 of 6

How are the baby's arm movements?




Relaxed

Not rigid,
Occasional random
movements



Flexed/ Extended

Tense, straight, rigid arms
and/or
Rapid extension/flexion

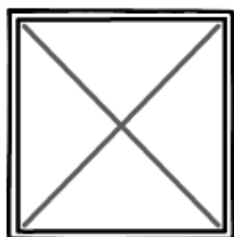
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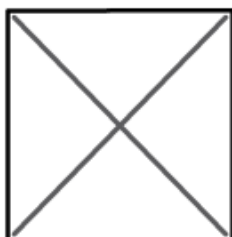
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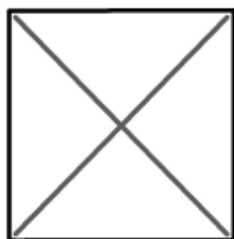
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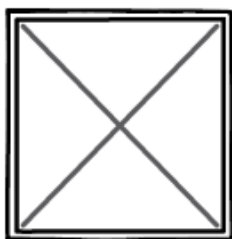
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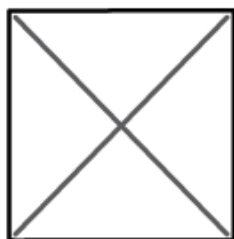
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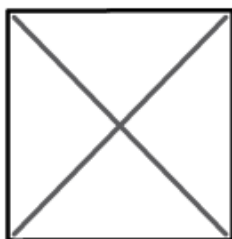
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How are the baby's
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Relaxed

Not rigid,
Occasional random
movements



**Flexed/
Extended**

Tense, straight, rigid arms
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Rapid extension/flexion

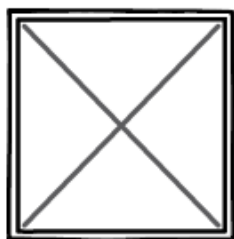
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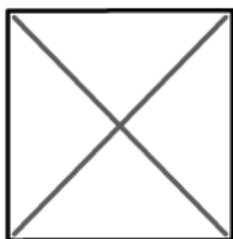
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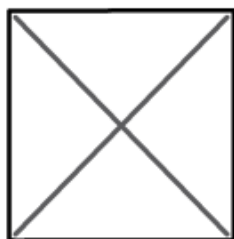
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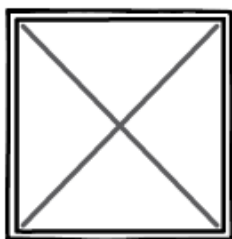
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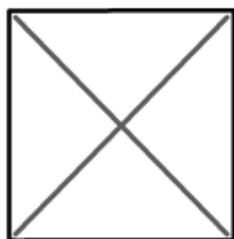
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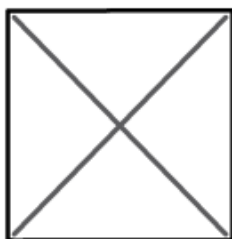
Question 6 of 6

Is your baby settled
or aroused?




Fussy

Alert, restless
and trashing



**Sleeping/
Awake**

Quiet, peaceful sleeping
or alert and settled

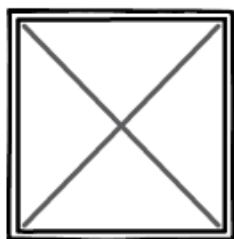
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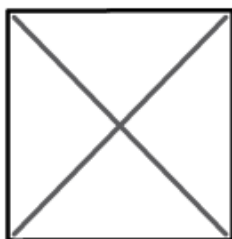
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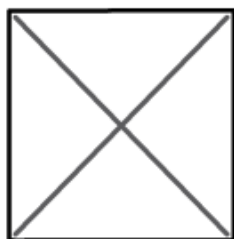
See results >



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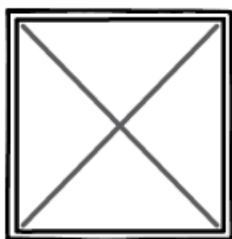
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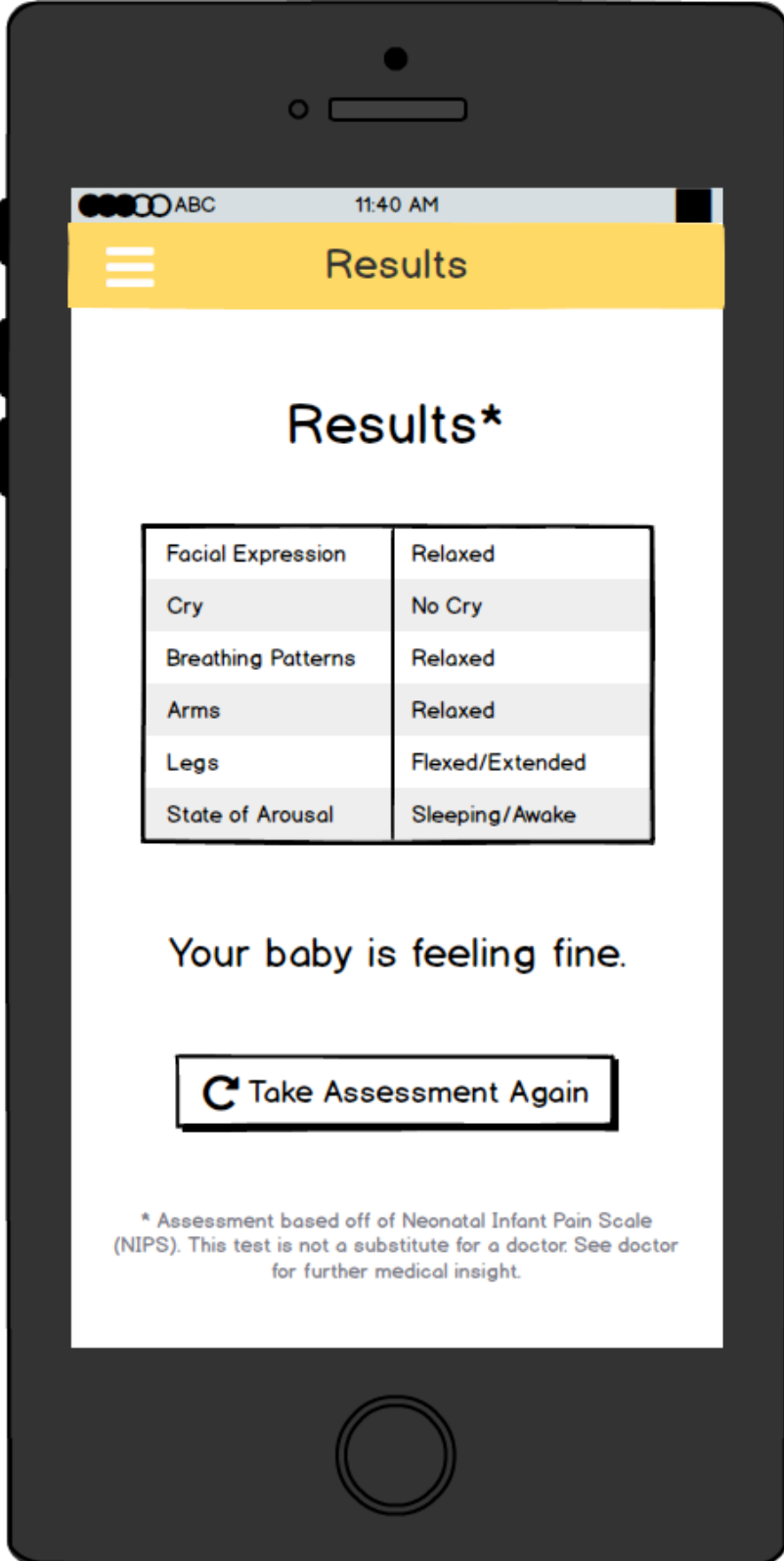
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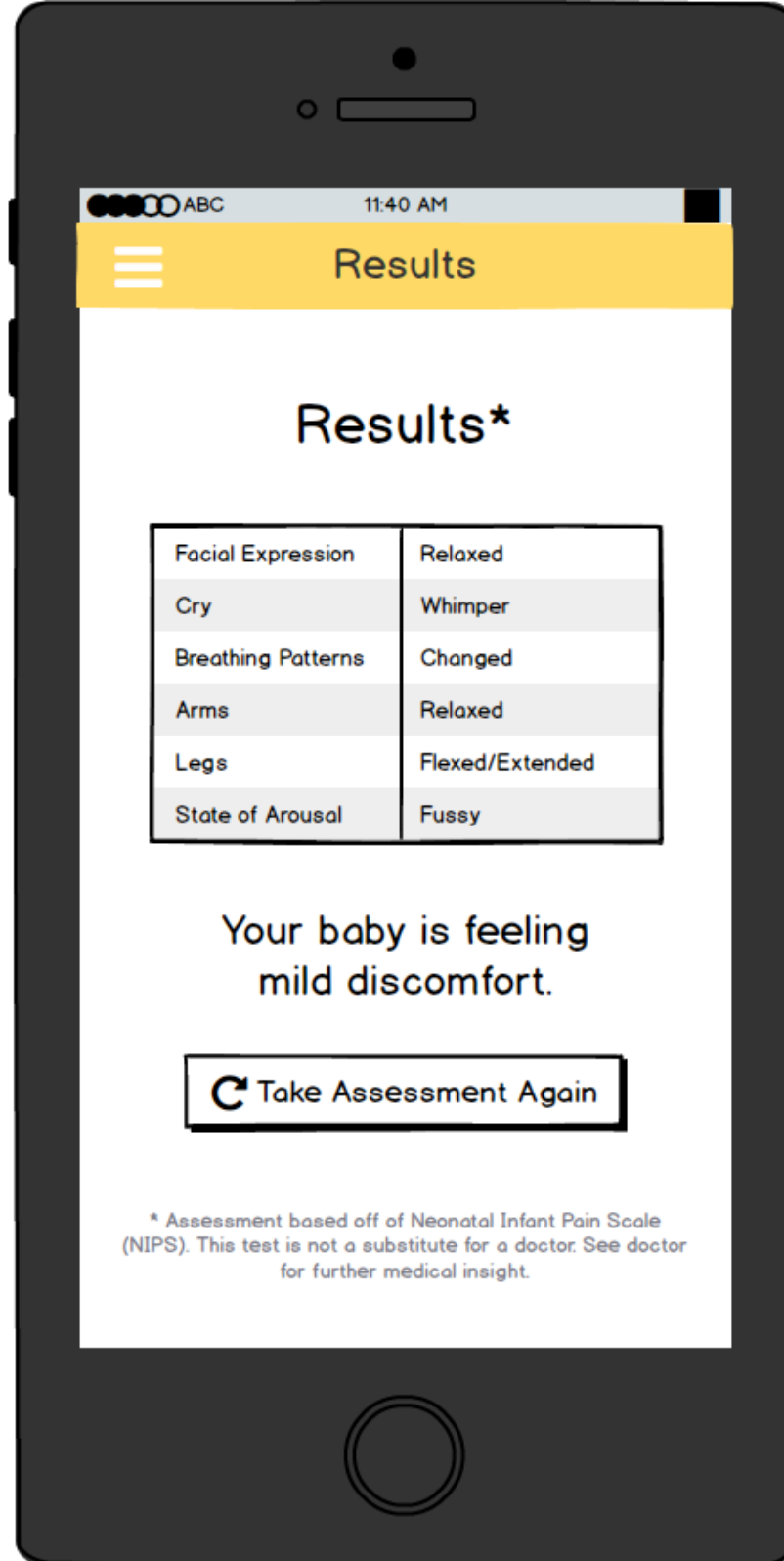
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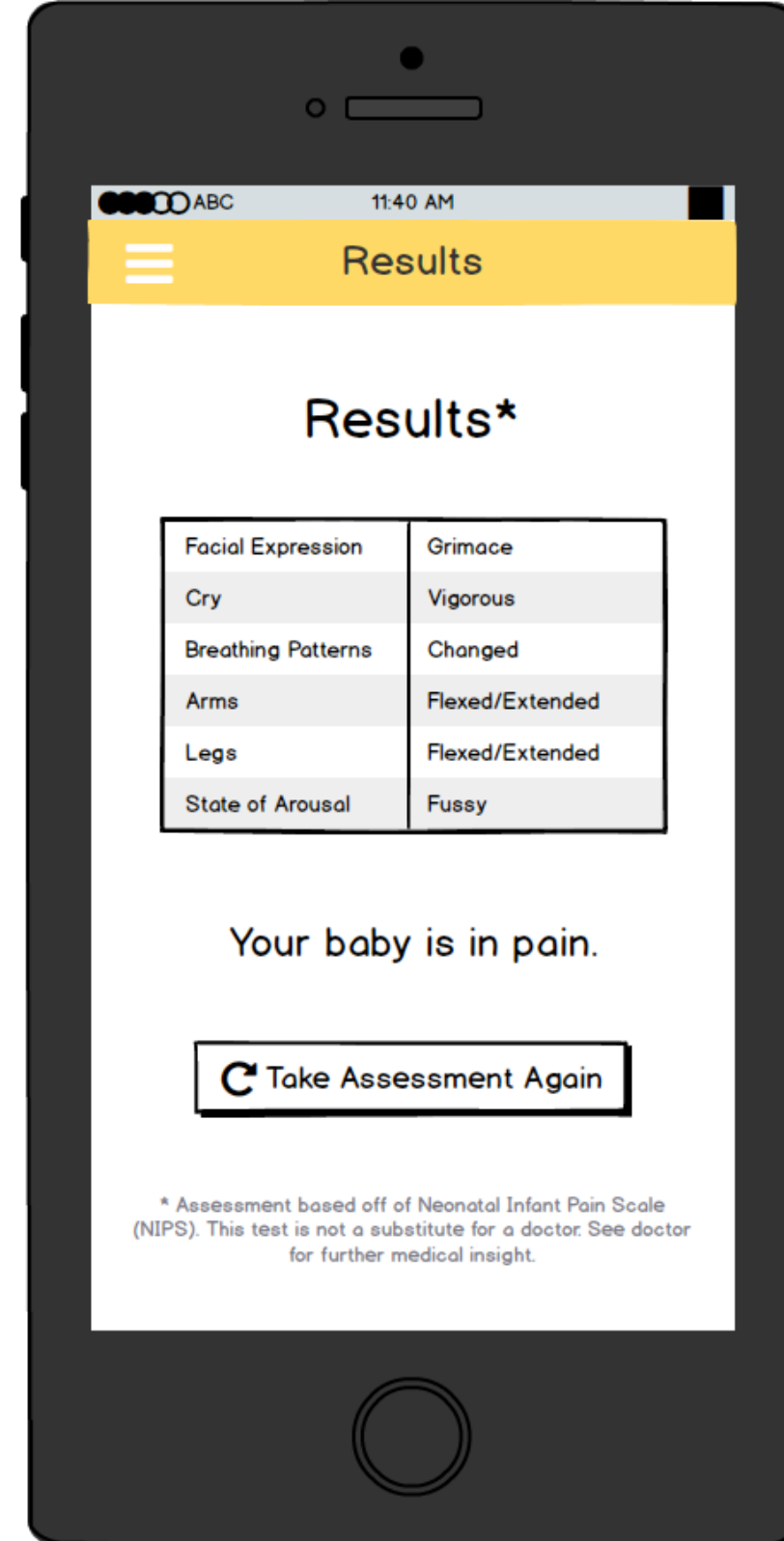
See results >



0-2 Fine



3-5 Moderate



6-7 In Pain

Calculating Results

Variable	Finding	Points
Q1. Facial expression	Relaxed	0
	Grimace	1
Q2. Cry	No cry	0
	Whimper	1
	Vigorous crying	2
Q3. Breathing pattern	Relaxed	0
	Change in breathing	1
Q4. Arms	Relaxed	0
	Flexed/extended	1
Q5. Legs	Relaxed	0
	Flexed/Extended	1
Q6. State of Arousal	Sleeping/Awake	0
	Fussy	1

0-2 Fine, 3-5 Moderate, 6-7 In Pain