

Procedure: Scoring the PAINAD requires a 1 to 2 minute observation of the subject by an individual who is familiar with PAINAD items and their definitions. If the rater is not yet familiar with the item definitions (provided below and on the next page), the observation period may need to be longer, as the rater will need time to match his or her observations with the appropriate definitions.

Scoring: Provide a score of 0, 1, or 2 for each domain of the PAINAD from Breathing to Consolability. Use the item definitions provided to determine the appropriate score. Then, add up all scores to get the total score.

Interpretation of scores: Based on the findings of multiple available data sources, it is recommended that a PAINAD total score of 2 or more be used as an indicator of probable pain that requires further action (e.g., report to a physician, evaluate the cause of pain, administer a pain medication). A score of 1 is a sign to be attentive to possible pain (Zwakhalen, van der Steen, & Najim, 2012a). However, remember that some of the PAINAD items are not completely specific to pain and could also occur in subjects who are agitated or upset for other reasons.

Item Definitions:

Breathing

1. *Normal breathing* is characterized by effortless, quiet, rhythmic (smooth) respirations.
2. *Occasional labored breathing* is characterized by episodic bursts of harsh, difficult, or wearing respirations.
3. *Short period of hyperventilation* is characterized by intervals of rapid, deep breaths lasting a short period of time.
4. *Noisy labored breathing* is characterized by negative-sounding respirations on inspiration or expiration. They may be loud, gurgling, or wheezing. They appear strenuous or wearing.
5. *Long period of hyperventilation* is characterized by an excessive rate and depth of respirations lasting a considerable time.
6. *Cheyne-Stokes respirations* are characterized by rhythmic waxing and waning of breathing from very deep to shallow respirations with periods of apnea (cessation of breathing).

Negative Vocalization

1. *None* is characterized by speech or vocalization that has a neutral or pleasant quality.
2. *Occasional moan or groan* is characterized by mournful or murmuring sounds, wails, or laments. Groaning is characterized by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
3. *Low-level speech with a negative or disapproving quality* is characterized by muttering, mumbling, whining, grumbling, or swearing in a low volume with a complaining, sarcastic, or caustic tone.
4. *Repeated troubled calling out* is characterized by phrases or words being used over and over in a tone suggesting anxiety, uneasiness, or distress.
5. *Loud moaning or groaning* is characterized by mournful or murmuring sounds, wails, or laments with a louder volume than usual. Loud groaning is characterized by louder than usual inarticulate, involuntary sounds, often abruptly beginning and ending.
6. *Crying* is characterized by an utterance of emotion accompanied by tears. There may be sobbing or quiet weeping.

Facial Expression

1. *Smiling or inexpressive:* Smiling is characterized by upturned corners of the mouth, brightening of the eyes, and a look of pleasure or contentment. *Inexpressive* refers to a neutral, at ease, relaxed, or blank look.
2. *Sad* is characterized by an unhappy, lonesome, sorrowful, or dejected look. There may be tears in the eyes.
3. *Frightened* is characterized by a look of fear, alarm, or heightened anxiety. Eyes appear wide open.

4. *Frown* is characterized by a downward turn of the corners of the mouth. Increased facial wrinkling in the forehead and around the mouth may appear.
5. *Facial grimacing* is characterized by a distorted, distressed look. The brow is more wrinkled, as is the area around the mouth. Eyes may be squeezed shut.

Body Language

1. *Relaxed* is characterized by a calm, restful, mellow appearance. The person seems to be taking it easy.
2. *Tense* is characterized by a strained, apprehensive or worried appearance. The jaw may be clenched (exclude any contractures).
3. *Distressed pacing* is characterized by activity that seems unsettled. There may be a fearful, worried, or disturbed element present. The rate may be fast or slow.
4. *Fidgeting* is characterized by restless movement. Squirming about or wiggling in the chair may occur. The person might be scooting a chair across the room. Repetitive touching, tugging, or rubbing body parts can also be observed.
5. *Rigid* is characterized by a stiffening of the body. The arms and/or legs are tight and inflexible. The trunk may appear straight and unyielding (exclude any contractures).
6. *Fists clenched* is characterized by tightly closed hands. They may open and close repeatedly or be held tightly shut.
7. *Knees pulled up* is characterized by flexing the legs and drawing the knees up toward the chest. The person may have an overall troubled appearance (exclude any contractures).
8. *Pulling or pushing away* is characterized by resistiveness upon being approached or cared for. The person tries to escape by yanking or wrenching free or shoving the caregiver away.
9. *Striking out* is characterized by hitting, kicking, grabbing, punching, biting, or other forms of personal assault.

Consolability

1. *No need to console* is characterized by a sense of well-being. The person appears content.
2. *Distracted or reassured by voice or touch* is characterized by a disruption in the behavior when the person is spoken to or touched. The behavior stops during the period of interaction with no indication that the person is distressed.
3. *Unable to console, distract, or reassure* is characterized by an inability to soothe the person or stop a behavior with words or actions. No amount of verbal or physical comforting will alleviate the behavior.

Pain Assessment in Advanced Dementia (PAINAD)

(PAINAD page 3 of 3)

Patient's name/PIN: _____

Patient Unit: _____

Date: _____ Time: _____ Rater: _____

	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 Vocalization	None	Occasional moan or groan Low-level speech with a negative or disapproving quality	Repeated troubled calling out Loud moaning or groaning Crying	
Facial Expression	Smiling; inexpressive	Sad; frightened; frown	Facial grimacing	
Body Language	Relaxed	Tense Distressed pacing; fidgeting	Rigid; fists clenched; knees pulled up Pulling or pushing away; striking out	
Consolability	No need to console	Distracted or reassured by voice or touch	Unable to console, distract, or reassure	
TOTAL				