

Facility _____

Pain Assessment in Advanced Dementia Scale Tool (PAINAD)

Page 1 of 2 PATIENT LABEL

Instructions: Observe the patient for five minutes before scoring his or her behaviours. Score the behaviours according to the following chart. Definition of each item are provided on the following page. The patient can be observed under different conditions (e.g. at rest, during a pleasant activity, during caregiving, after the administration of pain medication).

Behaviour	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 or 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 Score				

(Warden et al., 2003)

Scoring

The total score ranges from 0 - 10 points. A possible interpretation of the scores is 1 - 3 (mild pain), 4 - 6 (moderate pain) and 7 - 10 (severe pain). These ranges are based on a standard 0 - 10 scale of pain, but have not been substantiated in literature for this tool.

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 periods 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 periods 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 Vocalizations

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, wail or laments. *Groaning* is characterized by louder than usual inarticulate involuntary sounds, often beginning and ending abruptly.
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 that suggests anxiety, uneasiness or distress.
5. *Loud moaning or groaning* is characterized by mournful or murmuring sounds, wails or laments in much louder than usual volume. *Loud groaning* is characterized by louder than usual inarticulate involuntary sounds, often beginning and ending abruptly.
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 faster or slower.
4. *Fidgeting* is characterized by restless movement. Squirming about or wiggling in the chair may occur. The person might be hitching a chair across the room. Repetitive touching, tugging or rubbing body parts can also be observed.
5. *Rigid* is characterized by 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 be opened and closed repeatedly or held tightly shut.
7. *Knees pulled up* is characterized by flexing the legs and drawing the knees up toward the chest. An overall troubled appearance. (Exclude contractures.)
8. *Pulling or pushing away* is characterized by resistiveness upon approach or to care. The person is trying to escape by yanking or wrenching himself/herself free or shoving you away.
9. *Striking out* is characterized by hitting, kicking, grabbing, punching, biting or other form of personal assault.

Consolability

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