

## Checklist of Nonverbal Pain Indicators

( Write a 0 if the behavior was not observed, and a 1 if the behavior occurred even briefly during activity or rest.)

	With Movement	Rest
1. Vocal complaints: Non-verbal (Expression of pain, not in words, moans, groans, grunts, cries, gasps, sighs)	_____	_____
2. Facial Grimaces/Winces (Furrowed brow, narrowed eyes, tightened lips, jaw drop, clenched teeth, distorted expressions).	_____	_____
3. Bracing (Clutching or holding onto side rails, bed, tray table, or affected area during movement)	_____	_____
4. Restlessness (Constant or intermittent shifting of position, rocking, intermittent or constant hand motions, inability to keep still)	_____	_____
5. Rubbing: (Massaging affected area)	_____	_____
(In addition, record Verbal complaints).		
6. Vocal complaints: Verbal (Words expressing discomfort or pain, "ouch" "that hurts"; cursing during movement, or exclamations of protest: "stop", "that's enough" .)	_____	_____
Subtotal Scores	_____	_____
Total Score		_____

Feldt, K. S. (1996). Treatment of pain in cognitively impaired versus cognitively intact post hip fractured elders. (Doctoral dissertation, University of Minnesota, 1996). Dissertation Abstracts International, 57-09B, 5574.

Feldt, K.S. (2000). Checklist of Nonverbal Pain Indicators. Pain Management Nursing, 1 (1), 13-21.