

The Discomfort Scale (DS-DAT)*

| Behavioral Indicators | Frequency | Intensity** | Duration |
|--|------------|-------------|---------------------|
| | # episodes | Low/High | Short<1, Long>1 min |
| Noisy Breathing: negative sounding noise on inspiration or expiration; breathing looks strenuous, labored, or wearing; respirations loud, harsh, or gasping; difficulty breathing or trying hard at attempt to achieve a good gas exchange; episodic bursts of rapid breaths or hyperventilation | | | |
| Negative Vocalization: noise or speech with a negative or disapproving quality; hushed low sounds such as constant muttering with a guttural tone; monotone, subdued, or varying pitched noise with a definite unpleasant sound; faster rate than a conversation or drawn out as in a moan or groan; repeating the same words with a mournful tone; expressing hurt or pain | | | |
| Content Facial Expression: pleasant calm looking face; tranquil, at ease, or serene; relaxed facial expression with a slack unclenched jaw; overall look is one of peace. | | | |
| Sad Facial Expression: troubled looking face; looking hurt, worried, lost or lonesome; distressed appearance; sunken, "hang dog" look with lackluster eyes; tears; crying. | | | |
| Frightened Facial Expression: scared, concerned looking face; looking bothered fearful or troubled; alarmed appearance with open eyes and pleading face. | | | |
| Frown: face looks strained; stern or scowling looks; displeased expression with a wrinkled brow and creases in the forehead; corners of mouth turned down. | | | |
| Relaxed Body Language: easy openhanded position; look of being in a restful position and may be cuddled up or stretched out; muscles look of normal firmness and joints are without stress; look of idle, lazy or "laid back" appearance of "just killing the day"; causal. | | | |
| Tense Body Language: extremities show tension; wringing hands, clenched fist, or knees pulled up tightly; look of being in a strained and inflexible position. | | | |
| Fidgeting: restless impatient motion; acts squirming or jittery; appearance of trying to get away from hurt area; forceful touching, tugging, or rubbing of body parts. | | | |

*Hurley, A.C., Volicer, B.J., Hanrahan, P.A., Houde, S., & Volicer, L. (1992). Assessment of discomfort in advance Alzheimer patients. *Research in Nursing & Health*, 15, 369-377.

**Intensity, Low=barely to moderately perceptible; high=present in moderate to great magnitude Scoring: 1 point for each episode; 1 for high intensity, 1 for long duration.