Abbey Pain Scale

For measurement of pain in people with dementia who cannot verbalise.

How to use scale: While observing the resident, score questions 1 to 6.

Name of resident: .................................................................

Name and designation of person completing the scale: ........................................

Date: ........................................ Time: ........................................

Latest pain relief given was ......................................................... at .......... hrs.

Q1. Vocalisation
   eg whimpering, groaning, crying
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q1

Q2. Facial expression
   eg looking tense, frowning, grimacing, looking frightened
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q2

Q3. Change in body language
   eg fidgeting, rocking, guarding part of body, withdrawn
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q3

Q4. Behavioural Change
   eg increased confusion, refusing to eat, alteration in usual patterns
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q4

Q5. Physiological change
   eg temperature, pulse or blood pressure outside normal limits,
   perspiring, flushing or pallor
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q5

Q6. Physical changes
   eg skin tears, pressure areas, arthritis, contractures,
   previous injuries
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q6

Add scores for 1 - 6 and record here

Total Pain Score

Now tick the box that matches the Total Pain Score

<table>
<thead>
<tr>
<th>0 - 2</th>
<th>3 - 7</th>
<th>8 - 13</th>
<th>14 +</th>
</tr>
</thead>
<tbody>
<tr>
<td>No pain</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
</tr>
</tbody>
</table>

Finally, tick the box which matches the type of pain

<table>
<thead>
<tr>
<th>Chronic</th>
<th>Acute</th>
<th>Acute on Chronic</th>
</tr>
</thead>
</table>

Abbey, J; De Beull, A; Filler, N; Esterman, A; Giles, L; Parke, D and Lowcay, B.
Funded by the JH & JD Gunn Medical Research Foundation 1998 - 2002
(This document may be reproduced with this acknowledgement retained)