

Signs of Pain in Older People

Facial expressions

- Frowning
- Grimacing
- Rapid blinking
- Sad expression
- Tension
- Fear

Movements

- Limping, holding, rubbing
- Movements that cause vocal sounds
- Tense or rigid posture
- Guarding/protecting body part
- Fidgeting, pacing, rocking
- Difficulty moving, decreased movement
- Unwilling to move or undertake an activity
- Changed movement e.g. unsteady walking

Activity levels

- Appetite – not eating
- Rest patterns, sleeping a lot or very little
- Wandering
- Changes in normal routine or activity

Mental state

- Confusion
- Crying
- Irritability
- Distress

Vocal sounds

- Sighing, moaning or groaning
- Grunting
- Calling out
- Noisy breathing
- Asking for help
- Verbal negativity
- Swearing
- Angry sounding or aggression

Behaviour changes

- Aggression
- Fighting or resisting care
- Avoiding socialising, becoming withdrawn