

Appendix 6: Pain Assessment IN Advanced Dementia Scale (PAINAD)

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

	0	1	2	SCORE
Breathing Independent of vocalisation	<ul style="list-style-type: none"> Normal 	<ul style="list-style-type: none"> Occasional laboured breathing Short period of hyperventilation 	<ul style="list-style-type: none"> Noisy laboured breathing Long period of hyperventilation Cheyne-Stokes respirations 	
Negative vocalisation	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Occasional moan or groan Low-level speech with a negative or disapproving quality 	<ul style="list-style-type: none"> Repeated troubled calling out Loud moaning or groaning Crying 	
Facial expression	<ul style="list-style-type: none"> Smiling or inexpressive 	<ul style="list-style-type: none"> Sad Frightened Frown 	<ul style="list-style-type: none"> Facial grimacing 	
Body language	<ul style="list-style-type: none"> Relaxed 	<ul style="list-style-type: none"> Tense Distressed pacing Fidgeting 	<ul style="list-style-type: none"> Rigid Fists clenched Knees pulled up Pulling or pushing away Striking out 	
Consolability	<ul style="list-style-type: none"> No need to console 	<ul style="list-style-type: none"> Distracted or reassured by voice or touch 	<ul style="list-style-type: none"> Unable to console, distract, or reassure 	
TOTAL				

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

Source: Warden V, Hurley AC, Volicer L. Development and psychometric evaluation of the Pain Assessment in Advanced Dementia (PAINAD) scale. J Am Med Dir Assoc. 2003;4(1):9-15.

PAINAD Item Definitions

(Warden et al., 2003)

Breathing

1. *Normal breathing* is characterised by effortless, quiet, rhythmic (smooth) respirations.
2. *Occasional laboured breathing* is characterised by episodic bursts of harsh, difficult, or wearing respirations.
3. *Short period of hyperventilation* is characterised by intervals of rapid, deep breaths lasting a short period of time.
4. *Noisy laboured breathing* is characterised by negative-sounding respirations on inspiration or expiration. They may be loud, gurgling, wheezing. They appear strenuous or wearing.
5. *Long period of hyperventilation* is characterised by an excessive rate and depth of respirations lasting a considerable time.
6. *Cheyne-Stokes respirations* are characterised by rhythmic waxing and waning of breathing from very deep to shallow respirations with periods of apnea (cessation of breathing).

Negative Vocalisation

1. *None* is characterised by speech or vocalisation that has a neutral or pleasant quality.
2. *Occasional moan or groan* is characterised by mournful or murmuring sounds, wails, or laments. Groaning is characterised by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
3. *Low level speech with a negative or disapproving quality* is characterised by muttering, mumbling, whining, grumbling, or swearing in a low volume with a complaining, sarcastic, or caustic tone.
4. *Repeated troubled calling out* is characterised by phrases or words being used over and over in a tone that suggests anxiety, uneasiness, or distress.
5. *Loud moaning or groaning* is characterised by mournful or murmuring sounds, wails, or laments in much louder than usual volume. Loud groaning is characterised by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
6. *Crying* is characterised by an utterance of emotion accompanied by tears. There may be sobbing or quiet weeping.

Facial Expression

1. *Smiling or inexpressive*. Smiling is characterised 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 characterised by an unhappy, lonesome, sorrowful, or dejected look. There may be tears in the eyes.
3. *Frightened* is characterised by a look of fear, alarm, or heightened anxiety. Eyes appear wide open.
4. *Frown* is characterised 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 characterised 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 characterised by a calm, restful, mellow appearance. The person seems to be taking it easy.
2. *Tense* is characterised by a strained, apprehensive, or worried appearance. The jaw may be clenched. (Exclude any contractures.)
3. *Distressed pacing* is characterised 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 characterised 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 characterised 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 characterised by tightly closed hands. They may be opened and closed repeatedly or held tightly shut.
7. *Knees pulled up* is characterised by flexing the legs and drawing the knees up toward the chest. An overall troubled appearance. (Exclude any contractures.)
8. *Pulling or pushing away* is characterised by resistiveness upon approach or to care. The person is trying to escape by yanking or wrenching him- or herself free or shoving you away.
9. *Striking out* is characterised by hitting, kicking, grabbing, punching, biting, or other form of personal assault.

Consolability

1. *No need to console* is characterised by a sense of wellbeing. The person appears content.
2. *Distracted or reassured by voice or touch* is characterised by a disruption in the behaviour 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, or reassure* is characterised 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.