

# Pain behaviours used in validated observational pain scales



## Facial expressions

- Grimacing, tighter face, wrinkled nose
- Brow lowering, closed or tightened eyes, upper lip or cheek raising
- Wincing
- Squinting or narrowing of eyes
- Mouth opening

## Vocalisations

- Moaning, groaning, grunting, crying
- Specific sounds or words for pain (for example, “Ow”, “Ouch”, and “That hurts”)
- Gasping or noisy breathing

## Body movements

- Flinching or pulling away
- Thrashing, rocking
- Refusing to move, moving slow
- Bracing, avoiding of certain body positions
- Rubbing, holding, and/or guarding sore area
- Limping
- Clenched fist
- Going into foetal position, knees pulled up
- Stiff or rigid
- Shaking or trembling

## Changes in interpersonal interactions

- Not wanting to be touched, not allowing people near
- Decreased social interactions and communication
- Difficult to console or reassure

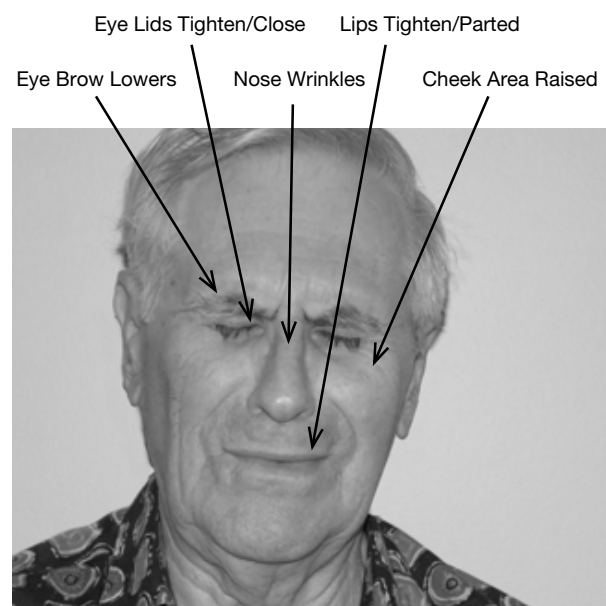
## Changes in activity patterns or routines

- Sleep changes
- Sudden cessation of common routines, decreased activity

## Mental status changes

- Are there mental status changes that could be due to pain, and cannot be attributable to another cause (for example, delirium due to medication)?<sup>14</sup>

These two photographs show the contrast between a pain-free face (top) and a face in pain (bottom).



Stereotypic pain face