

Introduction

Instructions: Observe the patient for the following behaviors both at rest and during movement

Sources: • Feldt KS. The checklist of nonverbal pain indicators (CNPI). Pain Manag Nurs. 2000 Mar;1(1):13-21. • Horgas AL. Assessing pain in persons with dementia. In: Boltz M, series ed. Try This: Best Practices in Nursing Care for Hospitalized Older Adults with Dementia. 2003 Fall;1(2). The Hartford Institute for Geriatric Nursing. www.hartfordnign.org

Checklist of Nonverbal Pain Indicators (CNPI)

Behavior	W/ Movement	W/O Movement
1. Vocal complaints: nonverbal (Sighs, gasps, moans, groans, cries)	{ }	{ }
2. Facial Grimaces/Winces: (Furrowed brow, narrowed eyes, clenched teeth, tightened lips, jaw drop, distorted expressions)	{ }	{ }
3. Bracing: (Clutching or holding onto furniture, equipment, or affected area during movement)	{ }	{ }
4. Restlessness: (Constant or intermittent shifting of position, rocking, intermittent or constant hand motions, inability to keep still)	{ }	{ }
5. Rubbing: (Massaging affected area)	{ }	{ }
6. Vocal complaints: verbal (Words expressing discomfort or pain [e.g., "ouch," "that hurts"]; cursing during movement; exclamations of protest [e.g., "stop," "that's enough"])	{ }	{ }
Subtotal Scores	{ }	{ }
Total Score		{ }

Scoring:

Score a 0 if the behavior was not observed.

Score a 1 if the behavior occurred even briefly during activity or at rest.

The total number of indicators is summed for the behaviors observed at rest, with movement, and overall. There are no clear cutoff scores to indicate severity of pain; instead, the presence of any of the behaviors may be indicative of pain, warranting further investigation, treatment, and monitoring by the practitioner

Pain Scale Non-Verbal

PAIN SCALE FOR COGNITIVELY IMPAIRED, NON-VERBAL ADULTS		
Checklist of Non-Verbal Pain Indicators (CNPI)		
Indicators:	With Movement	At Rest
Vocal Complaints (non-verbal expression of pain demonstrated by moans, groans, grunts, cries, gasps, sighs)		
Facial Grimaces and Winces (furrowed brow, narrowed eyes, tightened lips, dropped jaw, clenched teeth, distorted expression)		
Bracing (clutching or holding onto bed/chair, caregiver, or affected area during movement)		
Restlessness (constant or intermittent shifting of position, rocking, intermittent hand motions, inability to keep still)		
Rubbing (massaging affected area)		
Vocal Complaints (verbal expression of pain using words, e.g., "ouch" or "that hurts," cursing during movement or exclamation of protest, e.g., "stop" or "that's enough")		
Total Score		