

Appendix N: Pain Assessment Tools

The following is not an exhaustive list of pain assessment tools but rather suggestions of tools identified within the systematic review, AGREE II appraised guidelines, by the expert panel or external stakeholder feedback.

CATEGORY	TOOLS AND CUES FOR PAIN ASSESSMENT
Cognitively intact adults	<p>These pain assessment tools have been validated for use in adults with pressure injuries (AWMA, 2012; NPUAP, EPUAP & PPPIA, 2014, Solowiej, Mason & Upton, 2010).</p> <ul style="list-style-type: none"> ■ Visual Analogue Scale ■ Numerical Pain Rating Scale ■ Verbal Pain Rating Scale ■ Wong-Baker FACES Pain Rating Scale ■ McGill Pain Questionnaire
Cognitively impaired (including communicatively impaired but cognitively intact adults e.g., ALS, stroke)	<p>Depending on the severity of the cognitive impairment, the expert panel recommends several self-reported pain assessment tools that have been used in this population, including:</p> <ul style="list-style-type: none"> ■ Iowa Pain Thermometer ■ Verbal Pain Rating Scale <p>The following additional observational pain assessment tools may be considered:</p> <ul style="list-style-type: none"> ■ Assessment of Discomfort in Dementia (ADD) protocol ■ Abbey Pain Scale ■ Pain Assessment Checklist for Seniors with Limited Ability to Communicate Proxy Pain Questionnaire ■ Pain Assessment in Advanced Dementia (AWMA, 2012) <p>The following non-verbal cues may be used to assess pain (NPUAP, EPUAP & PPPIA, 2014; Solowiej, Mason & Upton, 2011, 2015):</p> <ul style="list-style-type: none"> ■ Changes in activity patterns ■ Decreased appetite ■ Guarding ■ Grimacing ■ Withdrawal ■ Crying ■ Moaning ■ Delirium ■ Restlessness ■ Rubbing ■ Increased heart and breathing rate ■ Faster eye-blink rate ■ Muscle tension ■ Squirming and sweating hands ■ Dry mouth ■ Pale skin and cold sweat ■ Avoidance behaviour