



Spreading Knowledge – Improving Outcomes

Assessment of Pain in the ICU





Pain Assessment Scales

Able to self-report pain

Unable to self-report pain

Visual Analog Scale
(VAS)

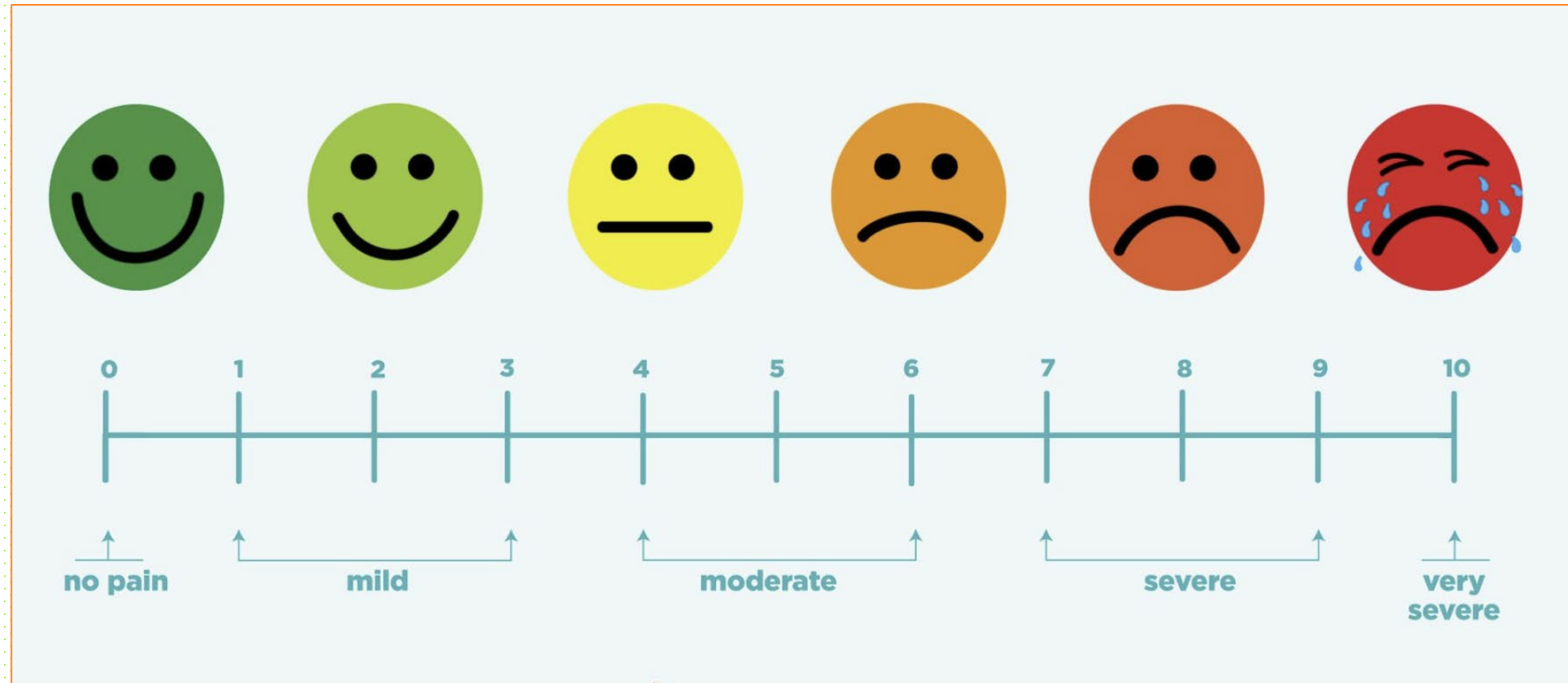
Numeric Rating Scale
(NRS)

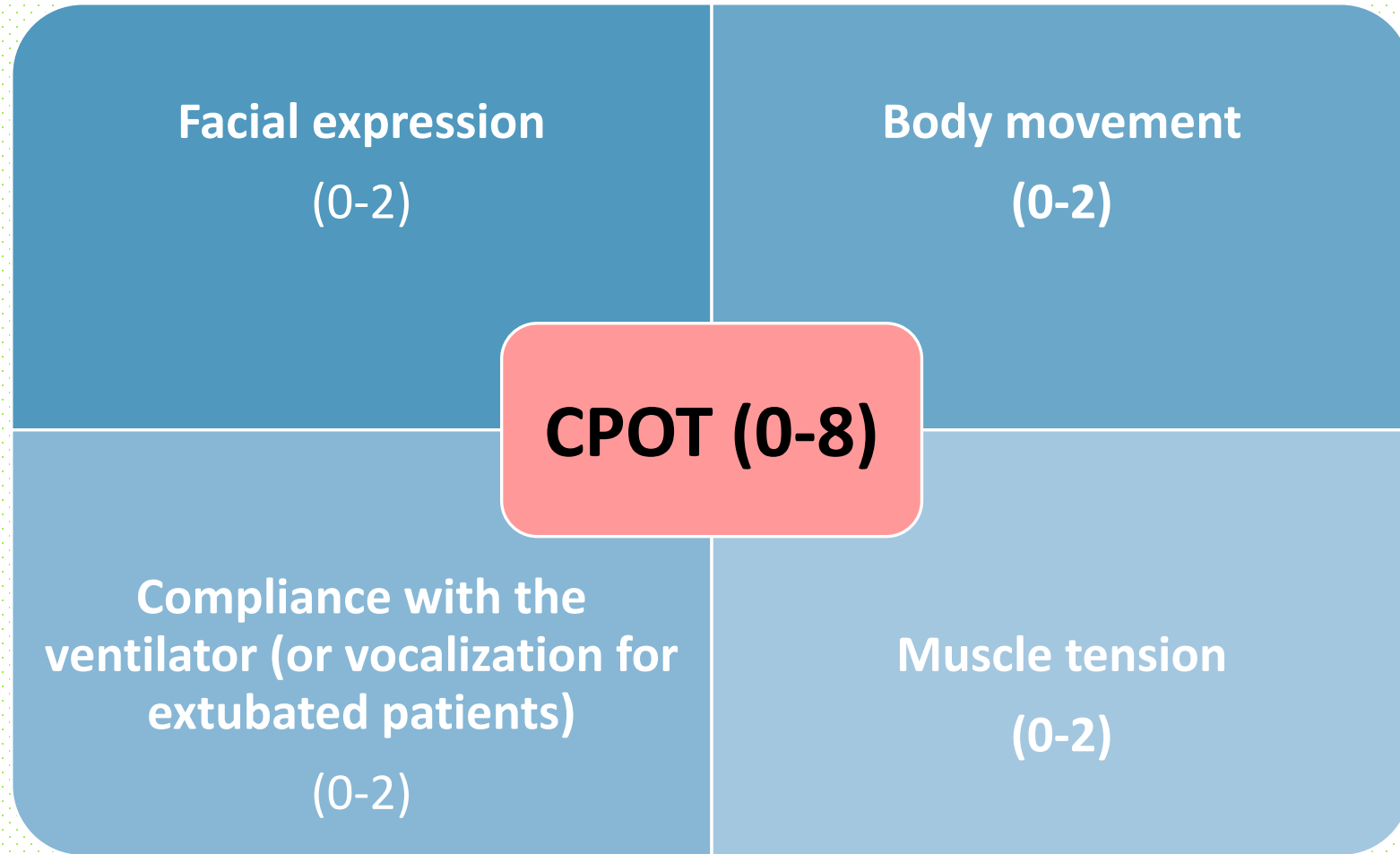
Behavioral pain scale—Non-intubated patients
(BPS—NI)

Behavioral Pain Scale
(BPS)

Critical Care Pain Observation Tool
(CPOT)




Numeric Rating Scale





CPOT >2 requires treatment

Facial Expressions in CPOT

Indicator	Score	Description
Relaxed, neutral 	0	No muscle tension observed
Tense 	1	Presence of frowning, brow lowering, orbit tightening and levator contraction or any other change (e.g. opening eyes or tearing during nociceptive procedures)
Grimaces 	2	All previous facial movements plus eyelid tightly closed (the patient may present with mouth open or biting the endotracheal tube)

Body Movements in CPOT

Indicator	Score	Description
Absence of movements or normal position	0	Does not move at all (doesn't necessarily mean absence of pain) or normal position (movements not aimed toward the pain site or not made for the purpose of protection)
Protection	1	Slow, cautious movements, touching or rubbing the pain site, seeking attention through movement
Restlessness/Agitation	2	Pulling tube, attempting to sit up, moving limbs/thrashing, not following commands, striking at staff, trying to climb out of bed



Compliance with the Ventilator in CPOT

Indicator	Score	Description
Tolerating ventilator or movement	0	Alarms not activated, easy ventilation
Coughing but tolerating	1	Coughing, alarms may be activated but stop spontaneously
Fighting ventilator	2	Asynchrony: blocking ventilation, alarms frequently activated



Vocalization in CPOT

Indicator	Score	Description
Talking in normal tone or no sound	0	Absence of sound or to the patient talking in a normal tone
Sighing, moaning	1	Sighing or moaning
Crying out, sobbing	2	Crying out (Aïe! Ouch!) or sobbing



Muscle Tension in CPOT

Evaluation by passive flexion and extension of upper limbs when patient is at rest or evaluation when patient is being turned

Indicator	Score	Description
Relaxed	0	No resistance to passive movements
Tense, rigid	1	Resistance to passive movements
Very tense or rigid	2	Strong resistance to passive movements or incapacity to complete them

