

## Nonverbal Behaviors Pain Rating Scale

**DIRECTIONS:**

Score a 0 if the behavior is not observed at all  
 Score a 1 if behavior is observed even briefly during rest or activity  
 Sum the scores in the "With Movement" and "At Rest" columns  
 Total the subscores to obtain a "Total" pain score.

This tool is to be used to assess for the presence of pain in non-communicative patients (cognitively impaired and/or obtunded patients).

| OBSERVED BEHAVIORS  | With<br>Movement | At<br>Rest |
|---|------------------|------------|
| <b>1. VOCALIZATIONS:</b><br>Non Verbal:<br>(sighs, gasps, moans, groans, cries)<br>Verbal:<br>(words used to express pain/discomfort –<br>"ouch", "that hurts", "stop-that's enough"<br>cursing or exclamations of protest) | _____            | _____      |
| <b>2. FACIAL GRIMACES/WINCING</b><br>(furrowed brow, narrowed eyes,<br>tightened lips, jaw dropped,<br>teeth clenched, distorted expression)  | _____            | _____      |
| <b>3. BRACING</b><br>(Clutching or holding tightly onto side rails,<br>some type of furniture item, piece of equipment<br>or affected body area)  | _____            | _____      |
| <b>4. RESTLESSNESS</b><br>(constant or intermittent rocking, position shifting,<br>hand motion, inability to keep still)  | _____            | _____      |
| <b>5. RUBBING</b><br>(massaging affected area)  | _____            | _____      |
| <b>Subtotal Scores</b>  | _____            | _____      |
| <b>Total Score</b>  | _____            |            |