Pain Assessment IN Advanced Dementia (PAINAD)

Adapted with the permission of A.Hurley 2003 for Australia, by the Central Coast Dementia end stage/ palliative phase working group.

	0	1	2
Breathing Independent of vocalisation	Normal	Occasional labored breathing. Short period of hyperventilation.	Noisy labored breathing. Long period of hyperventilation. Cheyne-stokes respirations.
Negative Vocalisation	None	Occasional moan or groan. Low level speech with a negative or disapproving quality.	Repeated troubled calling out. Loud moaning or groaning. Crying.
Facial expression	Smiling, or inexpressive	Sad. Frightened. Frowning.	Facial grimacing.
Body Language	Relaxed	Tense. Distressed pacing. Fidgeting.	Rigid. Fists clenched. Knees pulled up. Pulling or pushing away. Striking out.
Consolability	No need to console	Distracted or reassured by voice or touch.	Unable to console, distract or reassure.

Directions for use of PAINAD

For each of the 5 rows determine a score of 0, 1 or 2 based on presenting behaviour. Write each score below and then a total (/10).

The score needs to be considered with reference to previous behaviour, recent events, known medical history, and medications administered.

If discomfort / pain is determined then document the action taken and evaluate the effectiveness of this.

DATE/ TIME	SCORE each row	ACTION TAKEN	EVALUATION
	+ + + + =		
	+ + + + =		
	+ + + + =		
	+ + + + =		
	+ + + + =		
	+ + + + =		
	+ + + + =		
	+ + + + =		