

## Abbey Pain Scale

For measurement of pain in people with dementia who cannot verbalise.

**How to use scale:** While observing the resident, score questions 1 to 6

**Name of resident:** .....

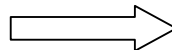
**Name and designation of person completing the scale:** .....

**Date:** ..... **Time:** .....

**Latest pain relief given was**.....**at** .....**hrs.**

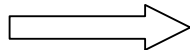
- |            |  |           |   |
|------------|--|-----------|---|
| <b>Q1.</b> | <b>Vocalisation</b><br>eg. whimpering, groaning, crying<br><i>Absent 0    Mild 1    Moderate 2    Severe 3</i>   | <b>Q1</b> | <input style="width: 50px; height: 30px;" type="text"/> |
| <b>Q2.</b> | <b>Facial expression</b><br>eg: looking tense, frowning grimacing, looking frightened<br><i>Absent 0    Mild 1    Moderate 2    Severe 3</i>   | <b>Q2</b> | <input style="width: 50px; height: 30px;" type="text"/> |
| <b>Q3.</b> | <b>Change in body language</b><br>eg: fidgeting, rocking, guarding part of body, withdrawn<br><i>Absent 0    Mild 1    Moderate 2    Severe 3</i>                                    | <b>Q3</b> | <input style="width: 50px; height: 30px;" type="text"/> |
| <b>Q4.</b> | <b>Behavioural Change</b><br>eg: increased confusion, refusing to eat, alteration in usual patterns<br><i>Absent 0    Mild 1    Moderate 2    Severe 3</i>                           | <b>Q4</b> | <input style="width: 50px; height: 30px;" type="text"/> |
| <b>Q5.</b> | <b>Physiological change</b><br>eg: temperature, pulse or blood pressure outside normal limits, perspiring, flushing or pallor<br><i>Absent 0    Mild 1    Moderate 2    Severe 3</i> | <b>Q5</b> | <input style="width: 50px; height: 30px;" type="text"/> |
| <b>Q6.</b> | <b>Physical changes</b><br>eg: skin tears, pressure areas, arthritis, contractures, previous injuries.<br><i>Absent 0    Mild 1    Moderate 2    Severe 3</i>                        | <b>Q6</b> | <input style="width: 50px; height: 30px;" type="text"/> |

Add scores for 1 – 6 and record here



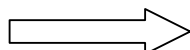
Total Pain Score

Now tick the box that matches the Total Pain Score



<b>0 – 2</b> No pain	<b>3 – 7</b> Mild	<b>8 – 13</b> Moderate	<b>14+</b> Severe
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Finally, tick the box which matches the type of pain



Chronic	Acute	Acute on Chronic
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**Dementia Care Australia Pty Ltd**  
 Website: [www.dementiacareaustralia.com](http://www.dementiacareaustralia.com)