

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.**

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eg: fidgeting, rocking, guarding part of body, withdrawn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

0 – 2 No pain	3 – 7 Mild	8 – 13 Moderate	14+ 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