

# ABBEY PAIN SCALE

For measurement of pain in people with dementia who cannot verbalise

How to use the 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.

<p><b>Q1 Vocalisation</b> e.g. whimpering, groaning, crying Absent 0    Mild 1    Moderate 2    Severe 3</p>	<input style="width: 50px; height: 40px;" type="text"/>
<p><b>Q2 Facial Expression</b> e.g. looking tense, frowning, grimacing, looking frightened Absent 0    Mild 1    Moderate 2    Severe 3</p>	<input style="width: 50px; height: 40px;" type="text"/>
<p><b>Q3 Change in body language</b> e.g. fidgeting, rocking, guarding part of body, withdrawal Absent 0    Mild 1    Moderate 2    Severe 3</p>	<input style="width: 50px; height: 40px;" type="text"/>
<p><b>Q4 Behavioural change</b> e.g. increased confusion, refusing to eat, alteration in usual patterns Absent 0    Mild 1    Moderate 2    Severe 3</p>	<input style="width: 50px; height: 40px;" type="text"/>
<p><b>Q5 Physiological change</b> e.g. temperature, pulse or blood pressure outside of normal limits, perspiring, flushing or pallor Absent 0    Mild 1    Moderate 2    Severe 3</p>	<input style="width: 50px; height: 40px;" type="text"/>
<p><b>Q6 Physical changes</b> e.g. skin tears, pressure areas, arthritis, contractures, previous injuries Absent 0    Mild 1    Moderate 2    Severe 3</p>	<input style="width: 50px; height: 40px;" type="text"/>

Add Scores for 1 – 6 and record here



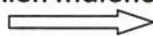
Total Pain Score

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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Abbey, J 'Ageing, Dementia and Palliative Care' in O'Connor, M and Aranda, S (Eds) 2003 Palliative Care Nursing . A guide to practice , Ausmed Publications, Melbourne, pp. 313-339

Jennifer Abbey, Neil Piller, Anita De Bellis, Adrian Esterman, Deborah Parker, Lynne, Giles and Belinda Lowcay (2004) The Abbey pain scale: a 1-minute numerical indicator for people with end-stage dementia , *International Journal of Palliative Nursing*, Vol 10, No 1pp 6-13 .



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