

## 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:** .....

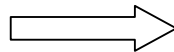
**Name and designation of person completing the scale:** .....

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

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

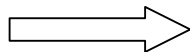
<b>Q1.</b>	<b>Vocalisation</b> eg. whimpering, groaning, crying <i>Absent 0    Mild 1    Moderate 2    Severe 3</i>	<b>Q1</b>	<input type="text"/>
<b>Q2.</b>	<b>Facial expression</b> eg: looking tense, frowning grimacing, looking frightened <i>Absent 0    Mild 1    Moderate 2    Severe 3</i>	<b>Q2</b>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 eg: fidgeting, rocking, guarding part of body, withdrawn 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

Add scores for 1 – 6 and record here



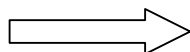
Total Pain Score

Now tick the box that matches the  
Total Pain Score



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



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

Abbey, J; De Bellis, A; Piller, N; Esterman, A; Giles, L; Parker, D and Lowcay, B.  
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