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: ............................................................................................................................................

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

Q1. Vocalisation
   eg. whimpering, groaning, crying
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q1

Q2. Facial expression
   eg: looking tense, frowning grimacing, looking frightened
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q2

Q3. Change in body language
   eg: fidgeting, rocking, guarding part of body, withdrawn
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q3

Q4. Behavioural Change
   eg: increased confusion, refusing to eat, alteration in usual patterns
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q4

Q5. Physiological change
   eg: temperature, pulse or blood pressure outside normal limits, perspiring, flushing or pallor
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q5

Q6. Physical changes
   eg: skin tears, pressure areas, arthritis, contractures, previous injuries.
   Absent 0  Mild 1  Moderate 2  Severe 3
   Q6

Add scores for 1 – 6 and record here  ➞ Total Pain Score

Now tick the box that matches the Total Pain Score

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 2</td>
<td>No pain</td>
</tr>
<tr>
<td>3 – 7</td>
<td>Mild</td>
</tr>
<tr>
<td>8 – 13</td>
<td>Moderate</td>
</tr>
<tr>
<td>14+</td>
<td>Severe</td>
</tr>
</tbody>
</table>

Finally, tick the box which matches the type of pain

<table>
<thead>
<tr>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic</td>
</tr>
<tr>
<td>Acute</td>
</tr>
<tr>
<td>Acute on Chronic</td>
</tr>
</tbody>
</table>

Dementia Care Australia Pty Ltd
Website: www.dementiacareaustralia.com

Abbey, J; De Bellis, A; Piller, N; Esterman, A; Giles, L; Parker, D and Lowcay, B.
Funded by the JH & JD Gunn Medical Research Foundation 1998 – 2002
(This document may be reproduced with this acknowledgment retained)