

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: _____ Date: ___ / ___ / ___ Time: _____

Name and designation of person completing the scale: _____

Latest pain relief given was _____ at _____ hrs.

<p>Q1 Vocalisation eg., whimpering, groaning, crying <i>Absent 0 Mild 1 Moderate 2 Severe 3</i></p>	<p>Q1</p>	<input style="width: 100px; height: 50px;" type="text"/>
<p>Q2 Facial expression eg., looking tense, frowning grimacing, looking frightened <i>Absent 0 Mild 1 Moderate 2 Severe 3</i></p>	<p>Q2</p>	<input style="width: 100px; height: 50px;" type="text"/>
<p>Q3 Change in body language eg., fidgeting, rocking, guarding part of body, withdrawn <i>Absent 0 Mild 1 Moderate 2 Severe 3</i></p>	<p>Q3</p>	<input style="width: 100px; height: 50px;" type="text"/>
<p>Q4 Behavioural Change eg., increased confusion, refusing to eat, alteration in usual patterns <i>Absent 0 Mild 1 Moderate 2 Severe 3</i></p>	<p>Q4</p>	<input style="width: 100px; height: 50px;" type="text"/>
<p>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></p>	<p>Q5</p>	<input style="width: 100px; height: 50px;" type="text"/>
<p>Q6 Physical changes eg., skin tears, pressure areas, arthritis, contractures, previous injuries. <i>Absent 0 Mild 1 Moderate 2 Severe 3</i></p>	<p>Q6</p>	<input style="width: 100px; height: 50px;" 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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Reference: Abbey, J.A., Piller, N., DeBellis, A, Esterman, A., Parker, D., Giles, L. & Lowcay, B. (2004). The Abbey Pain Scale. A 1-minute numerical indicator for people with late-stage dementia. *International Journal of Palliative Nursing*, 10(1), 6-13.