

The Elderly Pain Caring Assessment (EPCA-2)

I – Observations before caregiver intervention

(1) Facial expression

Score

- 0: Relaxed look on the face
- 1: Anxious look on the face
- 2: Patient grimaces from time to time
- 3: Frightened look and/or tense facial expression
- 4: Totally rigid expression

(2) Spontaneous posture adopted at rest (trying to find a comfortable position)

Score

- 0: No comfortable position adopted
- 1: The patient avoids adopting a posture
- 2: The patient chooses a comfortable posture
- 3: The patient cannot find a comfortable posture
- 4: Patient remains immobile as if unable to move because of the pain

(3) Movements of the patient out of bed and/or in bed

Score

- 0: The patient's movement (or lack of movement) are as usual
- 1: the patient moves about as usual but avoids some movements
- 2: The patient has slow or sporadic movements which is not usually the case
- 3: Lack of movement which is not usually the case
- 4: Total absence of movement or the patient is in a very agitated state which is not usually the case

(4) Interaction of all kinds with other people

Score

- 0: Same kind of contact as usual
- 1: Contact is more difficult to establish than usual
- 2: The patient avoids interaction with others which is not usually the case
- 3: No contact at all which is not usually the case
- 4: The patient shows total indifference which is not usually the case

II – Observations during caregiver intervention

(5) Anxious anticipation of caregiver intervention

Score

- 0: The patient does not show any anxiety
- 1: The patient looks distressed, appears to be afraid
- 2: The patient is restless
- 3: The patient is aggressive
- 4: Shouts, sighs, groans

(6) Reactions during caregiver intervention

Score

- 0: Patient lets the caregivers move him or he moves himself without showing any particular attention
- 1: The patient has a watchful expression and seems to fear both movement and caregiver intervention
- 2: The patient holds back or guides the hands of the caregiver when being moved or during caregiver intervention
- 3: The patient adopts a comfortable position when being moved or during caregiver intervention
- 4: The patient shows resistance to being moved or when the caregiver intervenes

(7) Reactions of the patient when painful parts of the body nursed

Score

- 0: No reaction when the caregiver intervenes
- 1: The patient reacts only when the caregiver intervenes
- 2: The patient reacts when the painful parts of the body are just touched
- 3: The patient reacts when the painful parts of the body are just lightly touched
- 4: Approaching the painful areas of the body is impossible

(8) Complaints voiced in the course of caregiving

Score

- 0: The patient does not complain
- 1: The patient complains if the caregiver talks to him
- 2: The patient complains as soon as the caregiver is present
- 3: The patient moans or cries silently and spontaneously
- 4: Patient shouts or complains violently and/or spontaneously

Reference: Morello, R., Jean, A., Alix, M., Sellin-Peres, D., & Fermanian, J. (2007). A scale to measure pain in non-verbally communicating older patients: The EPCA-2 study of its psychometric properties. *Pain*, 133(1-3), 87-98.