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 usable 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