APPENDIX 2: Abbey Pain Assessment Tool

**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.**

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

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

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- eg: fidgeting, rocking, guarding part of body, withdrawn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

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

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

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

---

**Add scores for 1 - 6 and record here**

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>Chronic</th>
<th>Acute</th>
<th>Acute on Chronic</th>
</tr>
</thead>
</table>

---

*Abbey; J., De Bolis, A., Miller, N., Edelman, A., Gilles, I., Parker, D. and Lenczky, B.*

 Funded by the J H & M C Queen Medical Research Foundation 1998 - 2002

(For a copy of the amended paper please contact the authors at the above address)