

PAIN SCALE FOR COGNITIVELY IMPAIRED, NON-VERBAL ADULTS

Checklist of Non-Verbal Pain Indicators (CNPI)

Indicators:	With Movement	At Rest
Vocal Complaints (non-verbal expression of pain demonstrated by moans, groans, grunts, cries, gasps, sighs)		
Facial Grimaces and Winces (furrowed brow, narrowed eyes, tightened lips, dropped jaw, clenched teeth, distorted expression)		
Bracing (clutching or holding onto bed/chair, caregiver, or affected area during movement)		
Restlessness (constant or intermittent shifting of position, rocking, intermittent hand motions, inability to keep still)		
Rubbing (massaging affected area)		
Vocal Complaints (verbal expression of pain using words, e.g., “ouch” or “that hurts,” cursing during movement or exclamation of protest, e.g., “stop” or “that’s enough”)		
Total Score		

Use this scale with:

Adults with cognitive, behavioral or communication deficits who are unable to validate the presence of or quantify the severity of pain using either the Numeric Rating Scale or the Wong-Baker Faces Pain Rating Scale.

Instructions:

1. Score each column separately.
2. Score 0 if the behavior was not observed.
3. Score 1 if the behavior was observed, even briefly.
4. Total each column separately. The resulting two pain scores between 0 and 5 reflect pain observed with movement and at rest.
5. The interdisciplinary team can use these pain scores to determine appropriate interventions and monitor effectiveness of pain management.

Reference:

Feldt, KS. (2000). The checklist of nonverbal pain indicators (CNPI). *Pain Management Nursing*, 1(1): 13-21.



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