



Pain Assessment in Advanced Dementia (PAINAD) Instructions

Item Definitions

Breathing	Description
Normal breathing	Normal breathing is characterized by effortless, quiet, rhythmic (smooth) respirations.
Occasional labored breathing	Occasional labored breathing is characterized by episodic bursts of harsh, difficult or wearing respirations.
Short period of hyperventilation	Short period of hyperventilation is characterized by intervals of rapid, deep breaths lasting a short period of time.
Noisy labored breathing	Noisy labored breathing is characterized by negative sounding respirations on inspiration or expiration. They may be loud, gurgling, wheezing. They appear strenuous or wearing.
Long period of hyperventilation	Long period of hyperventilation is characterized by an excessive rate and depth of respirations lasting a considerable time.
Cheyne-Stokes respirations	Cheyne-Stokes respirations are characterized by rhythmic waxing and waning of breathing from very deep to shallow respirations with periods of apnea (cessation of breathing).
Negative Vocalization	Description
None	None is characterized by speech or vocalization that has a neutral or pleasant quality.
Occasional moan or groan	Occasional moaning is characterized by mournful or murmuring sounds, wails or laments. Groaning is characterized by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
Low level speech with a negative or disapproving quality	Low level speech with a negative or disapproving quality is characterized by muttering, mumbling, whining, grumbling, or swearing in a low volume with a complaining, sarcastic or caustic tone.
Repeated troubled calling out	Repeated troubled calling out is characterized by phrases or words being used over and over in a tone that suggests anxiety, uneasiness, or distress.
Loud moaning or groaning	Loud moaning is characterized by mournful or murmuring sounds, wails or laments in much louder than usual volume. Loud groaning is characterized by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
Crying	Crying is characterized by an utterance of emotion accompanied by tears. There may be sobbing or quiet weeping.
Facial Expression	Description
Smiling or inexpressive	Smiling is characterized by upturned corners of the mouth, brightening of the eyes and a look of pleasure or contentment. Inexpressive refers to a neutral, at ease, relaxed, or blank look.
Sad	Sad is characterized by an unhappy, lonesome, sorrowful, or dejected look. There may be tears in the eyes.
Frightened	Frightened is characterized by a look of fear, alarm or heightened anxiety. Eyes appear wide open.
Frown	Frown is characterized by a downward turn of the corners of the mouth. Increased facial wrinkling in the forehead and around the mouth may appear.
Facial grimacing	Facial grimacing is characterized by a distorted, distressed look. The brow is more wrinkled as is the area around the mouth. Eyes may be squeezed shut.



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Body Language	Description
Relaxed	Relaxed is characterized by a calm, restful, mellow appearance. The person seems to be taking it easy.
Tense	Tense is characterized by a strained, apprehensive or worried appearance. The jaw may be clenched. (Exclude any contractures.)
Distressed pacing	Distressed pacing is characterized by activity that seems unsettled. There may be a fearful, worried, or disturbed element present. The rate may be faster or slower.
Fidgeting	Fidgeting is characterized by restless movement. Squirming about or wiggling in the chair may occur. The person might be hitching a chair across the room. Repetitive touching, tugging or rubbing body parts can also be observed.
Rigid	Rigid is characterized by stiffening of the body. The arms and/or legs are tight and inflexible. The trunk may appear straight and unyielding. (Exclude any contractures.)
Fists clenched	Fists clenched is characterized by tightly closed hands. They may be opened and closed repeatedly or held tightly shut.
Knees pulled up	Knees pulled up is characterized by flexing the legs and drawing the knees up toward the chest. An overall troubled appearance. (Exclude any contractures.)
Pulling or pushing away	Pulling or pushing away is characterized by resistiveness upon approach or to care. The person is trying to escape by yanking or wrenching him or herself free or shoving you away.
Striking out	Striking out is characterized by hitting, kicking, grabbing, punching, biting, or other form of personal assault.
Consolability	Description
No need to console	No need to console is characterized by a sense of well being. The person appears content.
Distractions or reassured by voice or touch	Distractions or reassured by voice or touch is characterized by a disruption in the behavior when the person is spoken to or touched. The behavior stops during the period of interaction with no indication that the person is at all distressed.
Unable to console, distract or reassure	Unable to console, distract or reassure is characterized by the inability to soothe the person or stop a behavior with words or actions. No amount of comforting, verbal or physical, will alleviate the behavior.

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