Pain Assessment in Advanced Dementia (PAINAD) Tool

Instructions: The PAINAD[1] scale is **used to assess pain in patients with dementia.** Use the PAINAD scale to rate each behavior from 0 to 2. Add the scores and record the total. The total score ranges from 0-10 points, with 0 being no pain and 10 being severe pain. You can use the chart below as a guide to the severity of pain.

Behavior	0	1	2	Score
Breathing Independent of Vocalization	Normal	Occasional labored breathing; short period of hyperventilation	Noisy, labored breathing; long period of hyperventilation; Cheyne-Stokes respirations	☐ 0 ☐ 1 ☐ 2
Negative Vocalization	None	Occasional moan or groan; low level speech with a negative or disapproving quality	Repeated troubled calling out; loud moaning or groaning; crying	☐ 0 ☐ 1 ☐ 2
Facial Expressions	Smiling or inexpressive	Sad; frightened; frowning	Facial grimacing	☐ 0 ☐ 1 ☐ 2
Body Language	Relaxed	Tense; distressed; pacing; fidgeting	Rigid; fists clenched; knees pulled up; pulling or pushing away; striking out	☐ 0 ☐ 1 ☐ 2
Consolability	No need to console	Distracted or reassured by voice or touch	Unable to console, distract, or reassure	☐ 0 ☐ 1 ☐ 2

Total Score: _____

Score	Level of Pain	Level of Pain by PAINAD Score
0	**No Pain**	0 – No pain
1-4	**Mild Pain**	1 – Pain is barely noticeable 2 – Pain is minor 3 – Pain is noticeable; possible to get used to it and adapt 4 – Pain can be ignored for a period of time but is distracting
5-9	**Moderate to Severe Pain**	5 – Strong pain that cannot be ignored for more than a few minutes; normal daily activities can be managed 6 – Strong pain that interferes with normal daily activities; difficult to concentrate 7 – Very strong pain that significantly limits the ability to perform normal daily activities and/or interferes with sleep 8 – Intense pain; physical activity is severely limited; conversing requires great effort 9 – Excruciating pain; unable to converse; uncontrolled crying out and/or moaning
10	**Very Severe/ Horrible Pain**	10 – Unbearable pain; worst pain that can be imagined (very few ever experience this level of pain).

[1] Victoria Warden, RN; Ann C. Hurley, RN, DNSc, FAAN; Ladislav Volicer, MD, PhD, FAAN. "Development and Psychometric Evaluation of the Pain Assessment in Advanced Dementia (PAINAD) Scale." *Journal of the American Medical Directors Association* 4, no. 1 (Jan-Feb 2003): 9-15. https://www.sciencedirect.com/science/article/abs/pii/S1525861004702583