



September is Pain Awareness Month!



An **unpleasant sensory** and **emotional experience** associated with, or resembling that associated with, **actual or potential tissue damage**

Verbal description is only one of the several behaviors to express pain; **inability to communicate does not negate the possibility** that a human or a nonhuman animal experiences pain

--- **IASP's 2020 Revised Definition of Pain**



Brought to you by the Paediatric Pain Special Interest Group of the

Asian Society of Paediatric Anaesthesiologists

<https://aspa-2000.com/aspa-ppsig/>

The FLACC pain scale

Sometimes it is difficult to assess pain in children who are non-verbal. The FLACC pain scale is a system that can help parents and professionals assess pain levels in children who have limited or no expressive communication. The diagram shows the categories for scoring. Zero, one or two points are given to each of the five categories: face, legs, activity, cry and consolability.

Interpreting the Behaviour Score

Each category is scored on the 0-2 scale, which results in a total score of 0-10.

0 relaxed and comfortable

4-6 moderate pain

1-3 mild discomfort

7-10 severe discomfort of pain or both

Categories	Score zero	Score one	Score two
F Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw
L Legs	Normal position or relaxed	Uneasy, restless, tense	Kicking or legs drawn up
A Activity	Lying quietly, normal position moves easily	Squirming, shifting back and forth, tense	Arched, rigid or jerking
C Cry	No crying (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
C Consolability	Content, relaxed	Reassured by occasional touching, hugging or being talked to, distractible	Difficult to console or comfort



Reference

Merkel SI, Voepel-Lewis T, Shayevitz JR, Malviya S. (1997) The FLACC behavioural scale for scoring postoperative pain in young children. *Pediatric Nursing* 23(3), 293-297.

PAIN ASSESSMENT TOOL

0 1 2 3 4 5 6 7 8 9 10

No Pain

Mild

Moderate

Severe

Very Severe

Worst Pain Possible



0

1-3

4-6

7-9

10

#kidspaincounts #askmeifithurts