

Pain Assessment: Unable to Self-Report Critical-Care Pain Observation Tool (CPOT)

Score each item 0, 1 or 2 out of 2. Total the sum of the four items to produce a CPOT score of 0-8/8

Indicator	Assessment	Score	Description
Facial Expression (score 0, 1 or 2)	Relaxed, Neutral	0	<ul style="list-style-type: none"> No muscle tension observed
	Tense	1	<ul style="list-style-type: none"> Presence of frowning, brow lowering, orbit tightening or contraction of upper eyelid; or, Any other change (e.g., opening eyes or tearing during noxious procedures)
	Grimacing	2	<ul style="list-style-type: none"> All above facial movements plus eyelids tightly closed (may present with mouth open or biting ETT)
Body Movement (score 0, 1 or 2)	Absence of movement/normal position	0	<ul style="list-style-type: none"> Does not move at all (doesn't necessarily mean absence of pain); or, normal position (movements not aimed toward the pain site or not made for the purpose of protection)
	Protection	1	<ul style="list-style-type: none"> Slow, cautious movements, touching or rubbing the pain site, seeking attention through movements
	Restlessness	2	<ul style="list-style-type: none"> Pulling tube, attempting to sit up, moving limbs/thrashing, not following commands, striking at staff, trying to climb out of bed
Ventilator Compliance (ventilated patient) OR Vocalization (non-intubated) (score 0, 1 or 2)	Tolerating ventilator or movement; <i>or, talking in normal tone or no verbal sound</i>	0	<ul style="list-style-type: none"> Alarms not activated, easy ventilation; or, <i>Talking in normal tone or no sound</i>
	Coughing but tolerating ventilator; <i>or, sighing or moaning</i>	1	<ul style="list-style-type: none"> Coughing, alarms may be activated but stop spontaneously; or, <i>Sighing, moaning</i>
	Fighting ventilator; <i>or, crying out or sobbing</i>	2	<ul style="list-style-type: none"> Asynchrony, blocking ventilator, alarms frequently activated; or, <i>Crying out, sobbing</i>
Muscle Tension (evaluate by passive flexion and extension of upper limbs when patient is at rest or during turning) (score 0, 1 or 2)	Relaxed	0	<ul style="list-style-type: none"> No resistance to passive movements
	Tense, rigid	1	<ul style="list-style-type: none"> Resistance to passive movements
	Very Tense or rigid	2	<ul style="list-style-type: none"> Strong resistance to passive movements, incapacity to complete them
TOTAL SCORE		___/8	Sum of scores from each of the 4 categories.