

Children's Hospital of Eastern Ontario

Pain Scale – CHEOPS in Young Children

| | DAY | | | | | | | | | | |
|---|-----|---|---|---|---|---|---|---|---|---|---|
| HOURS | | | | | | | | | | | |
| CRY | | | | | | | | | | | |
| No cry | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Moaning OR crying | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Screaming | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| FACIAL | | | | | | | | | | | |
| Smiling | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Composed | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Grimace | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| CHILD VERBAL | | | | | | | | | | | |
| Positive | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| None OR complaints other than pain | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Pain complaints OR both pain and non-pain complaints | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| TORSO | | | | | | | | | | | |
| Neutral | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Shifting OR tense OR shivering OU upright OR restrained | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| TOUCH | | | | | | | | | | | |
| Not touching | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Reach OR touch OR grab OR restrained | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| LEGS | | | | | | | | | | | |
| Neutral | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Squirming kicking OR draw up tense OR standing OR restrained | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| SCORE(S) | | | | | | | | | | | |

Patient last name:

Date of birth: / /

Patient first name:

Date: / /

Where:

- no cry: child is not crying
- moaning: child is moaning or quietly vocalizing silent cry
- crying: child is crying but the cry is gentle or whimpering
- screaming: child is in a full-lunged cry; sobbing may be scored with complaint or without complaint
- smiling: score only if definite positive facial expression
- composed: neutral facial expression
- grimace: score only if definite negative facial expression
- positive (verbal): child makes any positive statement or talks about other things without complaint
- none (verbal): child not talking
- complaints other than pain: child complains but not about pain ("I want to see mommy: or "I am thirsty")
- pain complaints: child complains about pain
- both pain and non-pain complaints: child complains about pain and about other things (e.g. It hurts; I want mommy.)
- neutral (torso): body (not limbs) is at rest; torso is inactive
- shifting: body is in motion in a shifting or serpentine fashion
- tense: body is arched or rigid
- shivering: body is shuddering or shaking involuntarily
- upright: child is in a vertical or upright position
- restrained: body is restrained
- not touching: child is not touching or grabbing at wound
- reach: child is reaching for but not touching wound
- touch: child is gently touching wound or wound area
- grab: child is grabbing vigorously at wound
- restrained: child's arms are restrained
- neutral (legs): legs may be in any position but are relaxed; includes gently swimming
- squirming kicking: definitive uneasy or restless movements in the legs and/or striking out with foot or feet
- drawn up tensed: legs tensed and/or pulled up tightly to body and kept there
- standing: standing crouching or kneeling
- restrained: child's legs are being held down

CHEOPS pain score = SUM (points for all 6 parameters)

Interpretation:

- minimum score: 4
- maximum score: 13