

Abbey Pain Scale

Dementia Support Australia

Name: _____
(person being assessed)

D.O.B: _____

Completed by: _____
(name and designation)

Residential care home: _____

Date: _____ Time: _____

Last pain relief was _____ at _____ hrs

Instructions for use:

The Abbey Pain Scale is a non-verbal pain assessment tool that assists healthcare professionals with identifying pain in a person living with dementia.

Complete in order:

1. While observing the resident at different times of the day, score questions 1 to 6
2. Calculate total pain score

Enter pain score for each of the following six areas:

Absent - 0 | Mild - 1 | Moderate - 2 | Severe - 3

1. **Vocalisation** (e.g. whimpering, groaning, crying)

2. **Facial expression** (e.g. looking tense, frowning, grimacing, looking frightened)

3. **Change in body language** (e.g. fidgeting, rocking, guarding part of body, withdrawn)

4. **Behavioural change** (e.g. increased confusion, refusing to eat, alteration in usual patterns)

5. **Physiological change** (e.g. temperature, pulse or blood pressure outside normal limits, perspiring, flushing or pallor)

6. **Physical changes** (e.g. skin tears, pressure areas, arthritis, contractures, previous injuries)

Add scores for 1–6 and record the total pain score

Tick the box that matches the total pain score

0–2 no pain 3–7 mild 8–13 moderate 14+ severe

Tick the box that matches the type of pain

Chronic Acute Acute on Chronic



Contact us 24/7, or
chat with us now online



1800 699 799



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