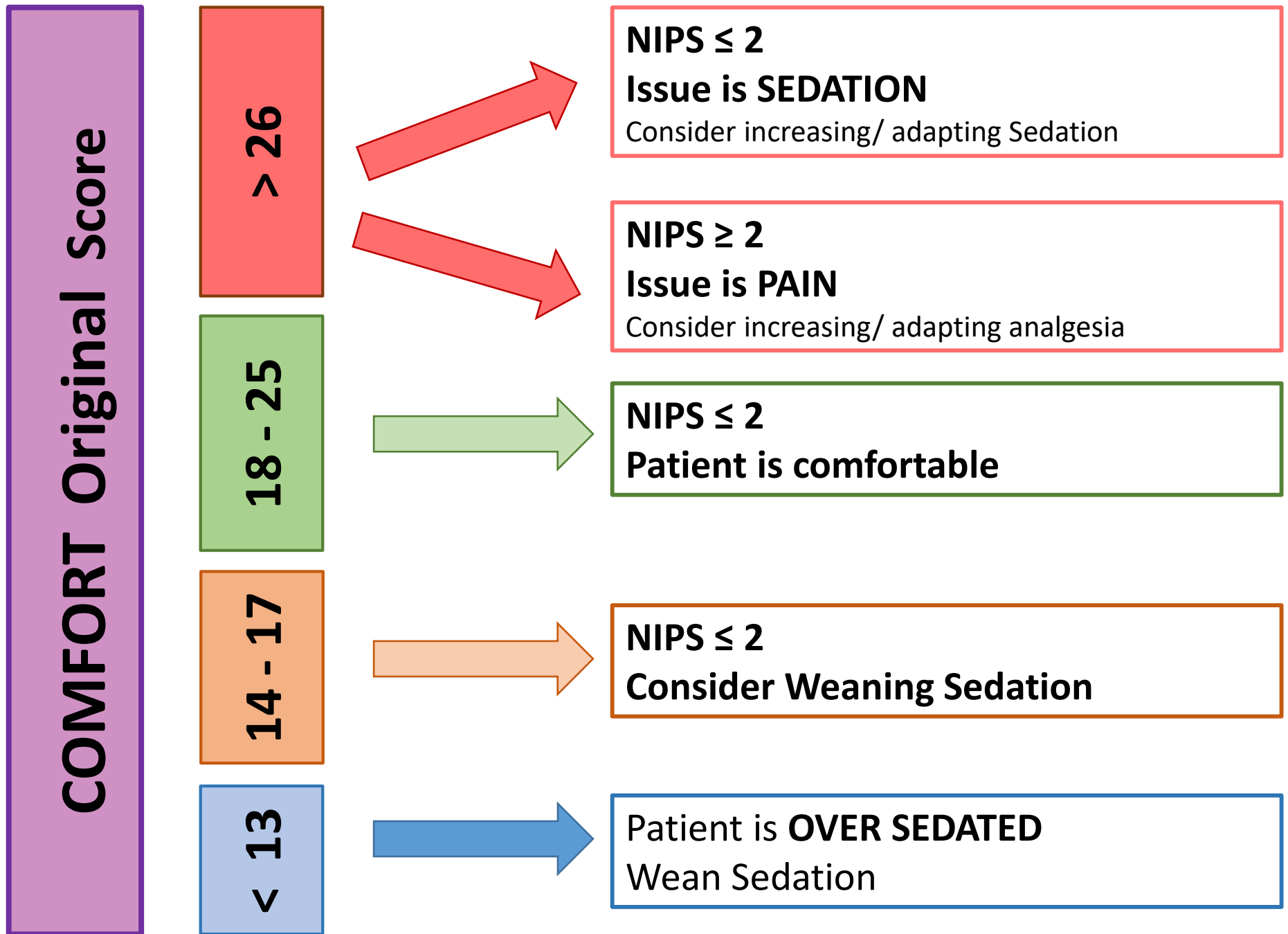




COMFORT Original Score Titration Guide



NIPS Pain Score

NIPS score can be replaced with appropriate alternative validated pain score e.g. FLACCS, FACES, CRIES, NRS, Patient Reported Score.

Facial Expression	0- Relaxed (restful, neutral expression)	Arms	0- Relaxed (no random movements or rigidity)
	1- Grimace, furrowed brow, chin, jaw		1- Flexed/extended (tense straight arms, rigid &/or rapid extension)
Cry	0- No cry, quiet not crying	Legs	0- Relaxed (no random movements or rigidity)
	1- Whimper (mild moaning or intermittent)		1- Flexed/extended (tense straight arms, rigid &/or rapid extension)
	2- Vigorous cry (loud scream, shrill continuous)	State of Arousal	0- Sleeping/awake (quiet, peaceful, settled)
	2- Silent cry (based on facial movements if intubated)		1- Fussy (alert, restless & thrashing)
Breathing Pattern	0- Relaxed (usual pattern for infant)	TOTAL SCORE:	<i>Out of a maximum score of 7</i>
	1- Change in breathing (irregular, increased, gagging, breath holding)		

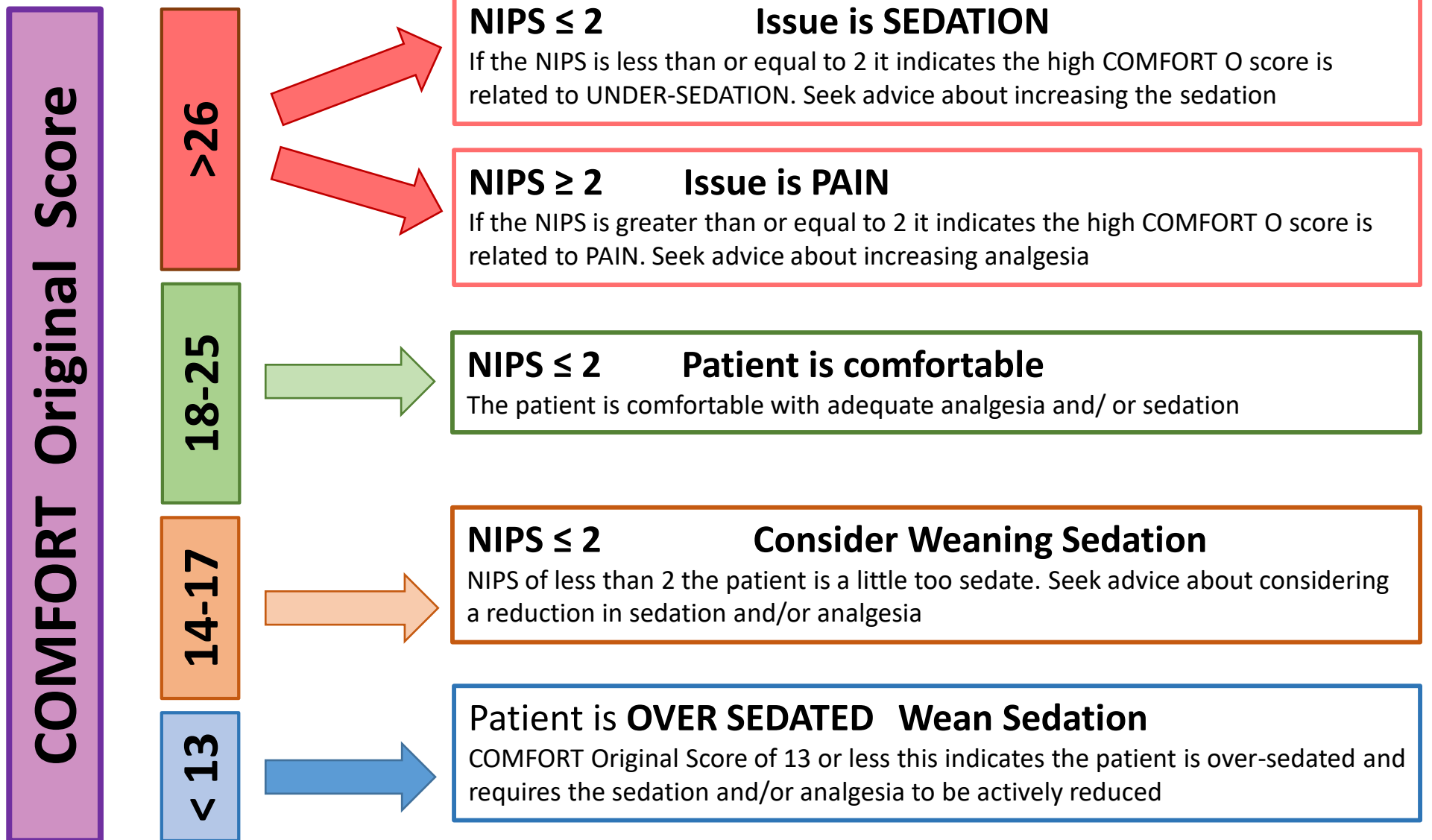
1	2	3	4	5	6	7
NO PAIN 0-1	MILD PAIN 2	MODERATE PAIN 3-4		SEVERE PAIN 5-7		



COMFORT Original Score Titration Guide



First assess the COMFORT Original Score then assess the pain score



NIPS Pain Score

(0 – 7)

NIPS score can be replaced with appropriate alternative validated pain score e.g. FLACCs, FACES, CRIES, NRS, Patient Reported Score

- 0-1 NO PAIN** - Continue nursing comfort measures
- 2 MILD PAIN** - Continue nursing comfort measures
- 3-4 MODERATE PAIN** - Continue nursing comfort measures & paracetamol
- >4 SEVERE PAIN** - Continue nursing comfort measures, paracetamol, opioid, adjust dose of analgesia

By utilising a pain score in combination with a COMFORT Original Score the interpreter can more accurately determine if the high COMFORT score is in relation to pain or in relation to under-sedation

A high COMFORT Original Score can indicate pain, or can indicate distress as a result of behavioural factors - anxiety, separation from parents, confusion or grief. A knowledge of the child's baseline behaviours will assist in differentiating potential causes of high COMFORT O Scores.

NIPS score can be replaced with any appropriate alternative validated pain score e.g. FLACCs, NRS, FACES, CRIES, Patient Reported Score.

If a pain score of MORE THAN 2 is reported this is indicative of a sufficient level of pain that a pharmacological or non-pharmacological intervention should be initiated. Non-pharmacological methods of pain relief and comfort must always be considered in combination with pharmacological methods