

CRIES Pain Scale

Full name of neonate/infant: _____ Date assessed: _____

Full name of assessor: _____

This scale is meant to gauge the level of pain/discomfort that a postoperative neonate/infant feels, specifically neonates/infants that are 32 to 60 weeks gestational age. This can also be used to assess infants who just got out of surgery.

Please look at the five parameters below and tick the appropriate score and designation for each one:

Are they crying?

- Not crying = 0 points
- Crying but not high-pitched = 0 points
- High-pitched crying but the infant is consolable = 1 point
- The infant is inconsolable = 2 points

Do they require oxygen to keep oxygen saturation?

- No = 0 points
- $\leq 30\%$ supplemental oxygen required to keep oxygen saturation $> 95\%$ = 1 point
- $> 30\%$ supplemental oxygen required to keep oxygen saturation $> 95\%$ = 2 points

Is there an increase in their vital signs?

- Their heart rate and mean blood pressure less than or equal to preoperative values = 0 points
- Their heart rate OR mean blood pressure increased but $\leq 20\%$ from preoperative levels = 1 point
- Their heart rate OR mean blood pressure increased $> 20\%$ from preoperative levels = 2 points

What is their expression?

- None = 0 points
- Grimace = 1 point
- Grimace with grunting = 2 points

Are they able to sleep?

- Yes = 0 points
- Wakes at frequent intervals = 1 point
- Constantly awake = 2 points

TOTAL SCORE:

The minimum score is 0. The maximum score is 10.

If they score **above 3**, they need to be monitored every now and then using this pain scale.

If they score **above 6**, then you need to monitor them and provide them with analgesics to help ease their pain and discomfort.