

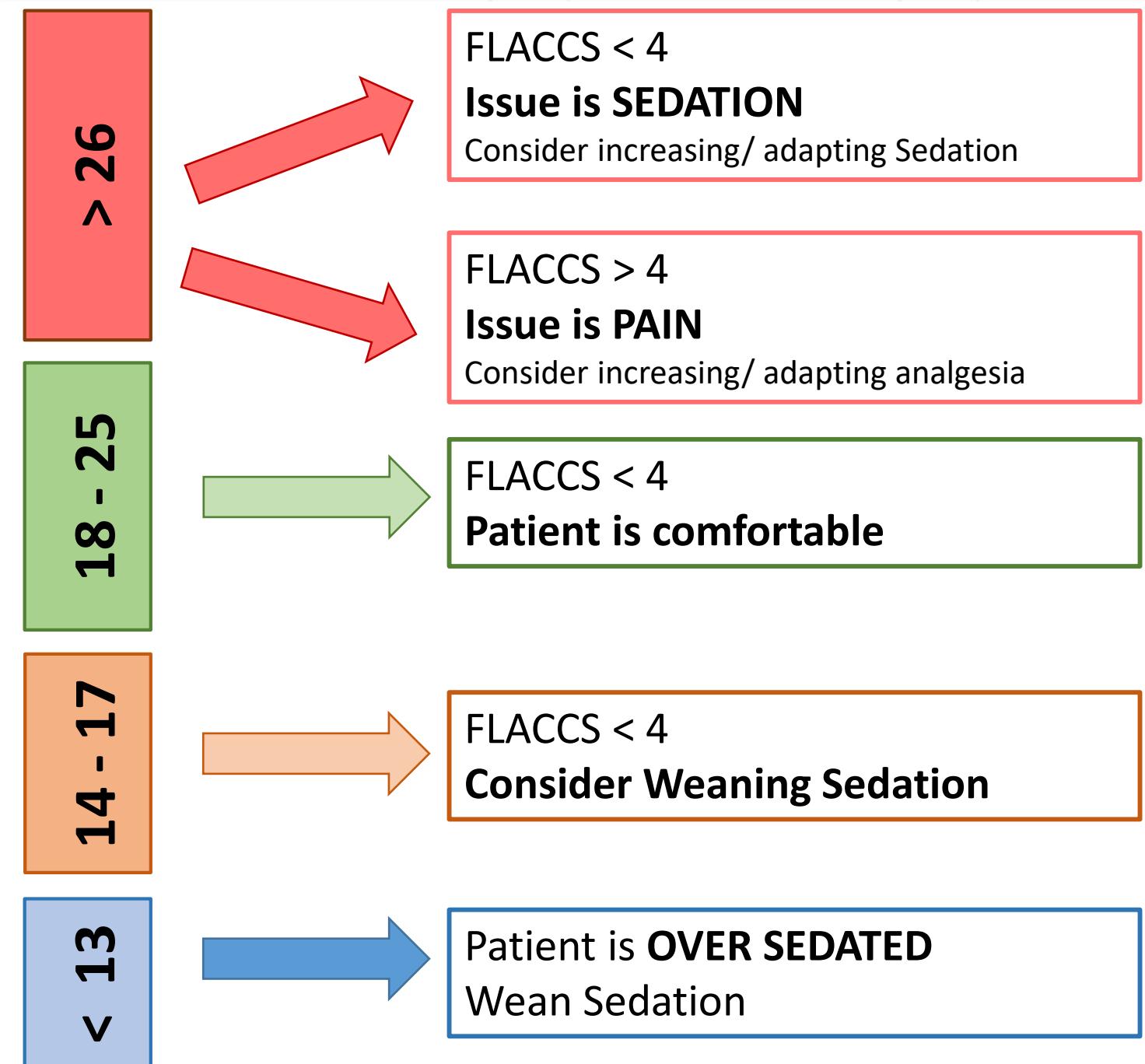


# COMFORT Original Score

## Titration Guide



### COMFORT Original Score

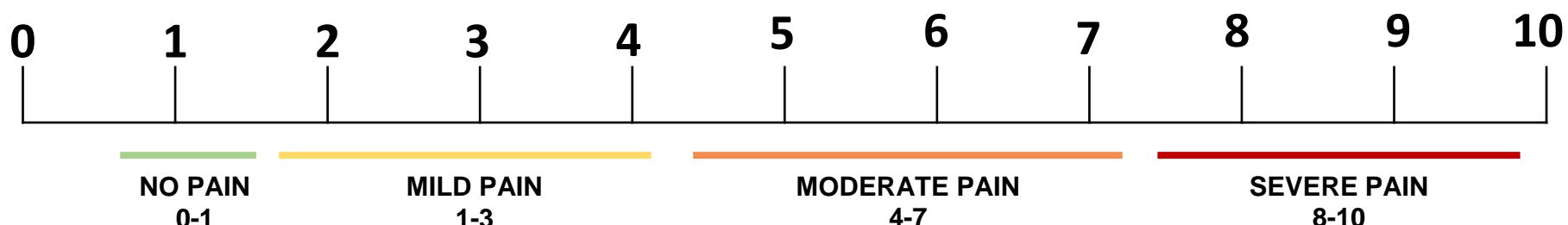


### FLACCS Pain Score

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

(Merkel et al. 1997)

RESPONSE	SCORE 0	SCORE 1	SCORE 2
FACE	No particular expression or smile	Occasional grimace or frown, withdrawn, uninterested	Frequent to constant quivering chin, clenched jaw
LEGS	Normal position or relaxed	Uneasy, restless, tense	Kicking, or legs drawn up
ACTIVITY	Lying quietly, normal position, moves easily	Squirming, Shifting, back and forth, tense	Arched, rigid or jerking
CRY	No cry (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
CONSOLABILITY	Content, relaxed	Reassured by occasional touch, hug or being talked to- Distractable	Difficult to console or comfort





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First assess the COMFORT Original Score then assess the pain score

## COMFORT Original Score

>26

### FLACCS < 4      Issue is SEDATION

If the FLACCS is less than 4 it indicates the high COMFORT O score is related to UNDER-SEDATION. Seek advice about increasing the sedation

18-25

### FLACCS > 4      Issue is PAIN

If the FLACCS is greater than 4 it indicates the high COMFORT O score is related to PAIN. Seek advice about increasing analgesia

14-17

### FLACCS < 4      Patient is comfortable

The patient is comfortable with adequate analgesia and/ or sedation

< 13

### FLACCS < 4      Consider Weaning Sedation

FLACCS of less than 4 the patient is a little too sedate. Seek advice about considering a reduction in sedation and/or analgesia

### Patient is OVER SEDATED      Wean Sedation

COMFORT Original Score of 13 or less this indicates the patient is over-sedated and requires the sedation and/or analgesia to be actively reduced

## FLACCS Pain Score

(0 – 10)

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NO PAIN  
0-1

MILD PAIN  
1-3

MODERATE PAIN  
4-7

SEVERE PAIN  
8-10

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.

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

If a pain score is reported is 4 or more 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

