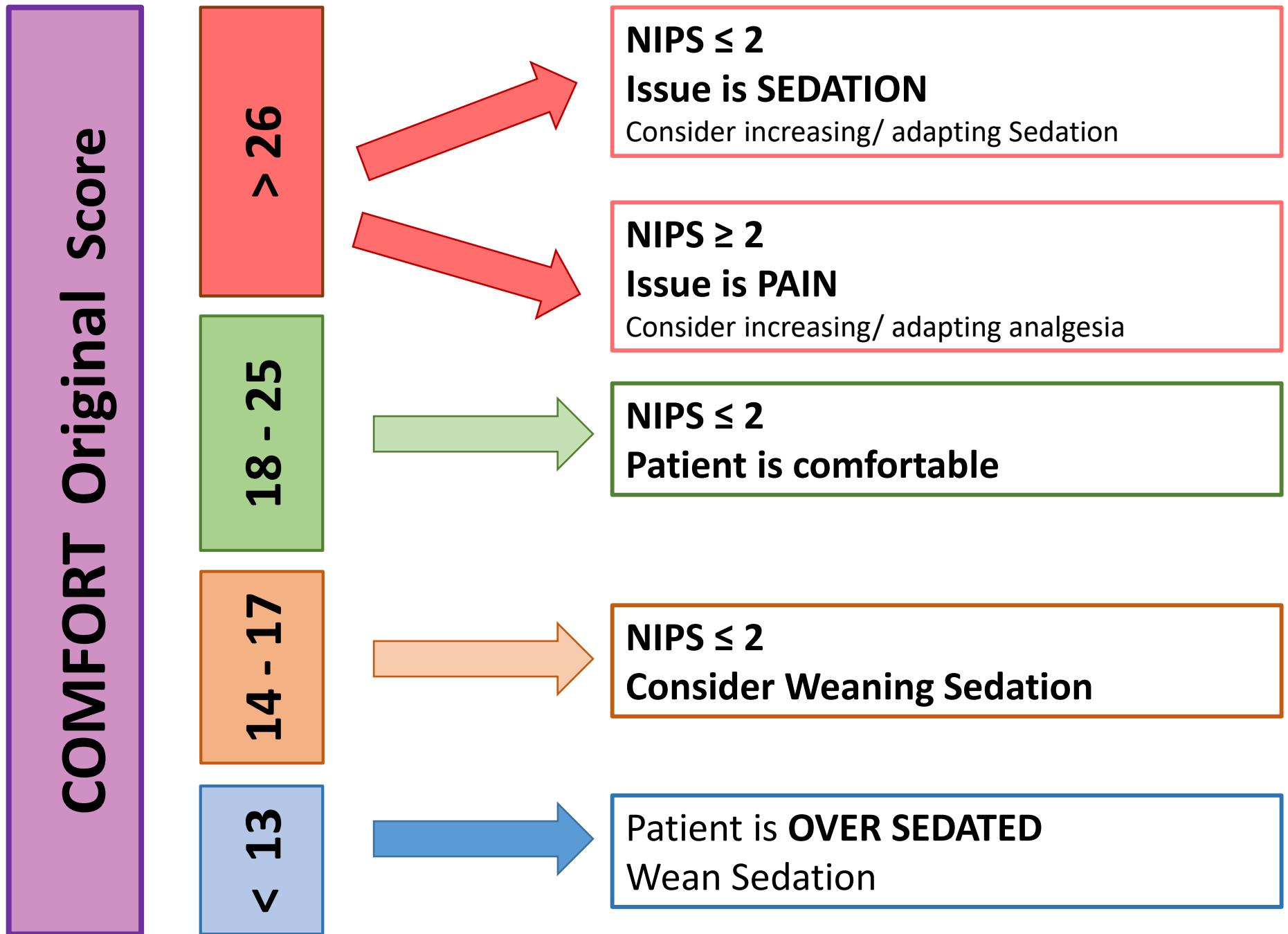




# COMFORT Original Score Titration Guide



## NIPS Pain Score

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

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

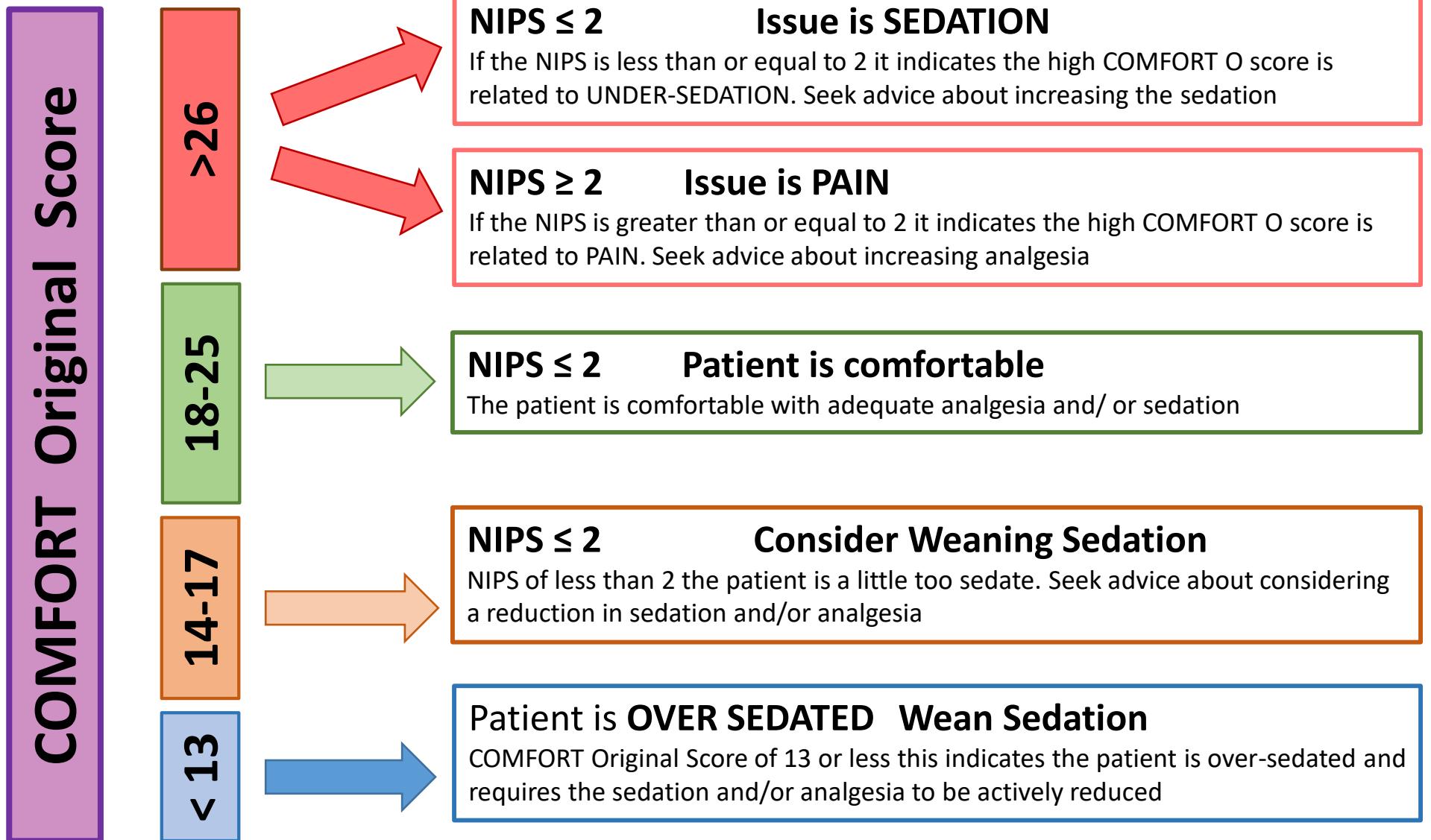
1	2	3	4	5	6	7
<b>NO PAIN</b> 0-1	<b>MILD PAIN</b> 2	<b>MODERATE PAIN</b> 3-4		<b>SEVERE PAIN</b> 5-7		



# 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*