# COMFORT Behavioural Score Titration Guide

**COMFORT Behavioural Score 0-30**

| | |
|---|---|
| **>17** | **NIPS ≤ 2 NISS < 2 Issue is SEDATION**<br>Consider increasing/ adapting Sedation |
| | **NIPS ≥ 2 NISS ≥ 2 Issue is PAIN**<br>Consider increasing/ adapting analgesia |
| **12- 17** | **NIPS ≤ 2 NISS ≤ 2**<br>**Patient is comfortable** |
| **10 – 12** | **NIPS ≤ 2 NISS ≥ 2**<br>**Consider Weaning Sedation** |
| **< 10** | Patient is **OVER SEDATED**<br>Wean Sedation |

## 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.**

| | | | |
|---|---|---|---|
| **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:** | ***Out of a maximum score of 7*** |
| | 1- Change in breathing (irregular, increased, gagging, breath holding) | | |

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

## Nurse Interpreted Score for Sedation

| 1 | 2 | 3 |
|---|---|---|
| **UNDER SEDATED** | **ADEQUATELY SEDATED** | **OVER SEDATED** |
| Agitated, Irritable actively fights vent | Lightly asleep, awake & relaxed | No response to ET suction or other procedure |

**Nurse interpreted level of sedation takes into account the bedside nurse expertise and normal behaviour or mannerisms as reported by parents/ guardians. Allows for interpretation to include emotional and neurodevelopmental factors.**

Comfort B NIPS POSTER v2.0 Final 3rd Dec 2018

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**First assess the COMFORT Behavioural Score then assess the pain score**

**COMFORT Behavioural Score 0-30**

**>17**

**NIPS ≤ 2 NISS < 2 Issue is SEDATION**
If the NIPS is less than or equal to 2 and NISS less than 2 it indicates the high COMFORT Behavioural score is related to UNDER-SEDATION.
Seek advice about **increasing the sedation**

**NIPS ≥ 2 NISS ≥ 2 Issue is PAIN**
If the NIPS is 2 or more and the NISS more than or equal to 2 it indicates the high COMFORT Behavioural score is related to PAIN.
Seek advice about **increasing the analgesia**

**12-17**

**NIPS ≤ 2 NISS ≤ 2 Patient is comfortable**
The patient is comfortable with adequate analgesia and/ or sedation

**10-12**

**NIPS ≤ 2 NISS ≥ 2 Consider Weaning Sedation**
NIPS of less than or equal to 2 and a NISS of 2 or more the patient is a little too sedate. Seek advice about considering a **reduction in sedation and/or analgesia**

**< 10**

Patient is **OVER SEDATED Wean Sedation**
COMFORT Behavioural Score of 13 or less this indicates the patient is over-sedated and requires the **sedation and/or analgesia to be actively reduced**

## 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 Behavioural Score the interpreter can more accurately determine if the high COMFORT score is in relation to pain or in relation to under-sedation.**

## Nurse Interpreted Score for Sedation (0 – 3) (NISS)

- **The NISS is designed and validated for use as an adjunct to the COMFORT B Scoring, NOT suitable for use on it's own.**
- **Takes into account the bedside nurse expertise in combination with the normal behavioural mannerisms as reported by family members.**
- **The NISS allows the bedside nurse to interpret and classify the patients' level of sedation while accounting for emotional and neurodevelopmental factors to identify if the patient's sedation should continue unchanged, be reduced or be increased**

***SCENARIO 1: COMFORT B score 20 - Should indicate under-sedation requiring an INCREASE in sedation***
Patient known to have movement disorder & nurse aware he waves his arms repeatedly when happy, significantly increasing COMFORT B score.
Patient allocated NISS 2 - no increase in sedation necessary as patient is comfortable

***SCENARIO 2: COMFORT B score 9 - Should indicate over-sedation requiring an DECREASE in sedation and/ or analgesia***
Nurse aware parents have reported their child becomes very still and quiet when in pain or distressed.
Patient allocated NISS 1 - sedation and/or analgesia adapted to provide comfort

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