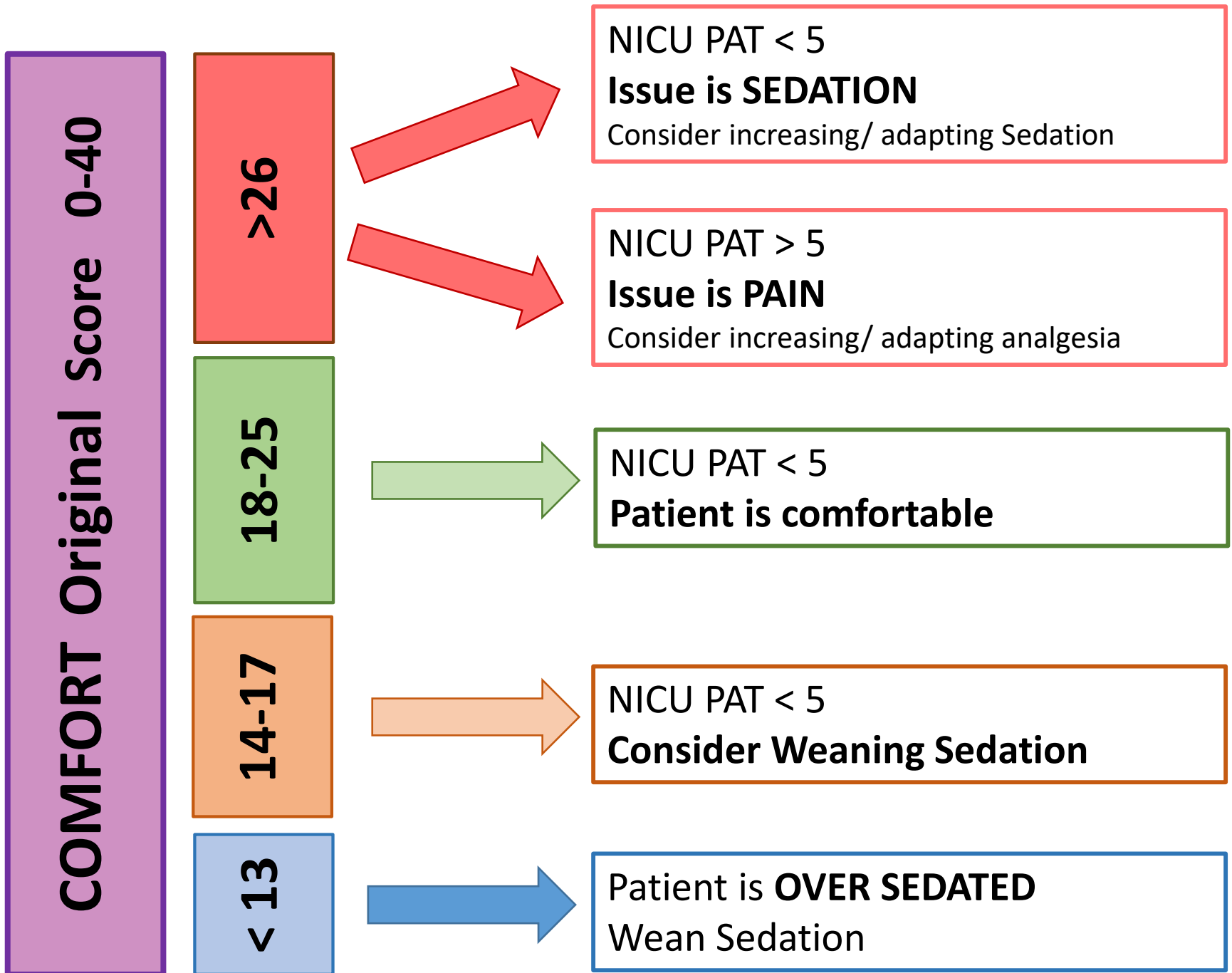




COMFORT Original Score Titration Guide



NICU PAT Pain Score

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

PHYSICAL	Posture/Tone	2- Flexed and/or Tense	PHYSIOLOGICAL	Respirations	2- Apnoes
		1- Extended			1- Tachypnoea
	Sleep Pattern	2- Agitated or withdrawn	Heart Rate	2- Fluctuating	
		0- Relaxed		1- Tachycardia	
	Expression	2- Grimace	Saturations	2- Desaturating	
1- Frown		0- Normal			
Cry	2- Yes	Blood Pressure	2- Hypotensive/ Hypertensive		
	0- No		0- Normal		
Colour	2- Pale/Dusky/ Flushed	Nurse Perceptions	2- Yes Pain		
	0- Pink		0- No Pain		

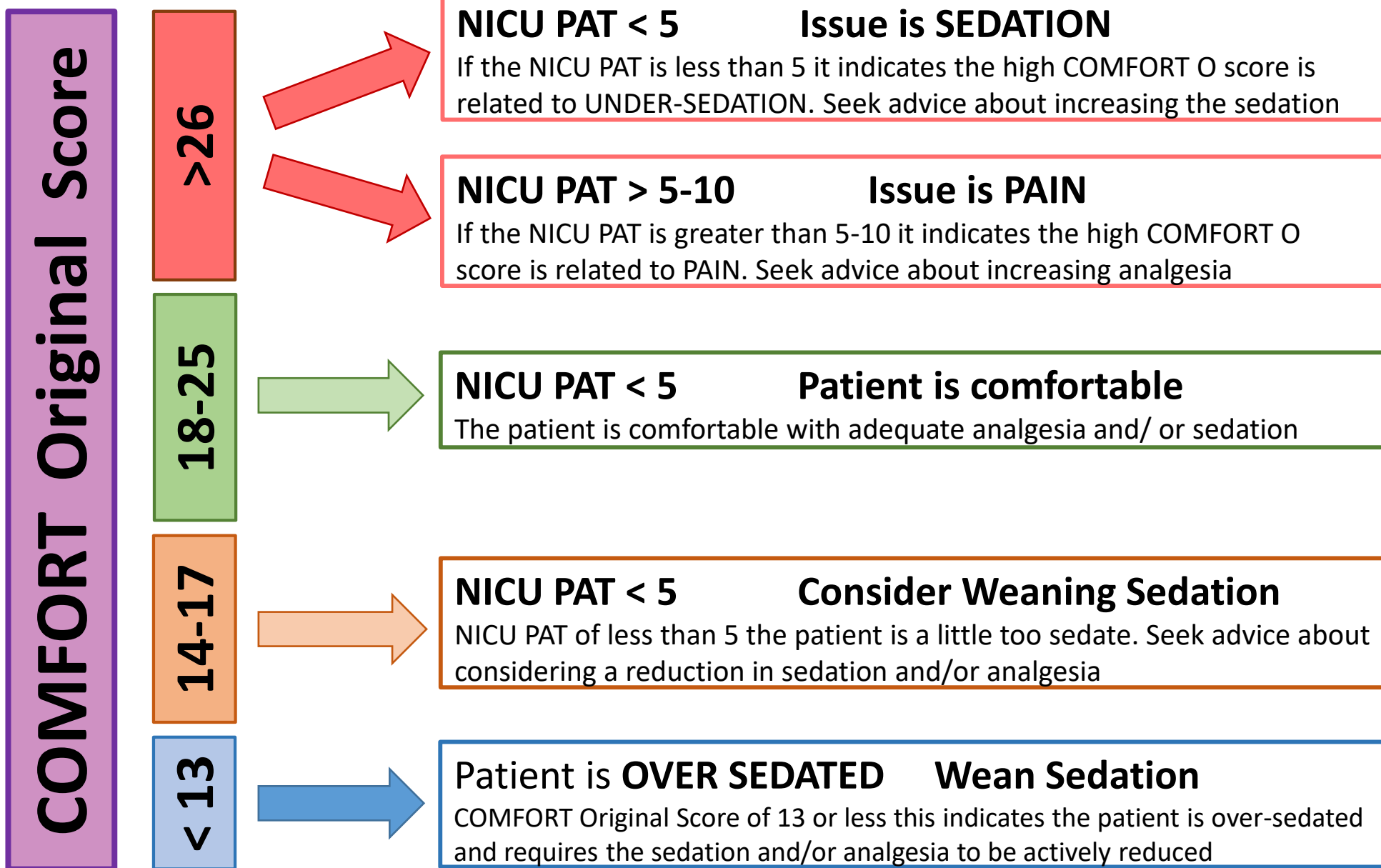
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
 <5 = Nursing comfort measures >5 = Paracetamol & nursing comfort measures >10 = Paracetamol, opioid, nursing comfort measures, adjust dose of analgesia



COMFORT Original Score Titration Guide



First assess the COMFORT Original Score then assess the pain score



NICU PAT Pain Score (0 – 20)

PHYSICAL	Posture/Tone	2- Flexed and/or Tense	PHYSIOLOGICAL	Respirations	2- Apnoes
		1- Extended			1- Tachypnoea
	Sleep Pattern	2- Agitated or withdrawn		Heart Rate	2- Fluctuating
		0- Relaxed			1- Tachycardia
	Expression	2- Grimace		Saturations	2- Desaturating
	1- Frown		0- Normal		
Cry	2- Yes	Blood Pressure	2- Hypotensive/ Hypertensive		
	0- No		0- Normal		
Colour	2- Pale/Dusky/ Flushed	Nurse Perceptions	2- Yes Pain		
	0- Pink		0- No Pain		

NICU PAT SCORE Interventions:

- <5 = Nursing Comfort Measures
- >5 = Paracetamol & nursing comfort measures
- <10 = Paracetamol, opioid, nursing comfort measures, 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.

NICU PAT can be replaced with any appropriate alternative validated pain score e.g. NRS, FLACCs, FACES, CRIES.