



# Checklist of Common Signs of Pain in Persons with Limited Ability to Communicate Using Words

Below are some clues that the person you care for may be in pain. Check the boxes next to any items you have noticed. The more boxes checked, the more likely they're having pain. You can take this sheet with you as you talk to their health care provider.

## Words & Sounds

- "Ouch!"
- "That Hurts!"
- Achiness
- Soreness
- Discomfort
- Heaviness
- Pressure
- Sighing
- Groaning
- Whimpering
- Yawning
- Wheezing
- Noisy breathing

## Facial Expressions

- Grimacing
- Wrinkling of nose
- Furrowed brow
- Scared
- Eyes tightly shut
- Sadness
- Raising lip or corner of mouth

## Body Movements

- Rigid, tense posture
- Defending body area  
*(covering, protecting body area)*
- Shaking body part
- Changes in walk or movement

## Behavior

- Agitated *(restless, not sitting still, upset)*
- Aggressive *(hitting, punching, kicking)*
- Withdrawn *(talking less, not doing things they usually enjoy)*
- Changes in appetite
- Changes in sleep
- Increased confusion
- Yelling
- Overreacting
- Lashing out