

FLACC pain scale

(F) Face, (L) Leg, (A) Activity. (C) Cry, (C) Consolability

Purpose : Evaluation of severity of pain in individuals who are unable to communicate

Admin time : 5-10 min

User Friendly : High

Administered by : Primary Carer or Self-administered

Content : scoring of 0-2 for (F) Face, (L) Leg, (A) Activity. (C) Cry, (C) Consolability

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<https://www.cgakit.com/m-5-flacc>

FLACC pain scale

Name

Date

Score

Categories	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested <i>[appears sad or worried]</i>	Constant grimace or frown Frequent to constant quivering chin, clenched jaw <i>[Distressed-looking face: Expression of fright or panic]</i>
INDIVIDUAL BEHAVIOURS			
Legs	Normal position or relaxed	Uneasy, restless, tense <i>[Occasional tremors]</i>	Kicking, or legs drawn up <i>[Marked increase in spasticity, constant tremors or jerking]</i>
INDIVIDUAL BEHAVIOURS			
Activity	Lying quietly, normal position moves easily	Squirming, shifting back & forth tense. <i>[Mildly agitated (e.g.. head back and forth, aggression); shallow, splinting, respirations, intermittent sighs]</i>	Arched, rigid or jerking <i>[Severe agitation head banging; Shivering (not rigors); Breath holding, gasping or sharp intake of breath; Severe splinting]</i>
INDIVIDUAL BEHAVIOURS			
Cry	No cry, (awake or asleep)	Moans or whimpers; occasional complaint <i>[Occasional verbal outbursts or grunts]</i>	Crying steadily, screams or sobs, frequent complaints <i>[Repeated outbursts, constant grunting]</i>
INDIVIDUAL BEHAVIOURS			
Consolability	Content, relaxed	Reassured by occasional touching hugging or being talked to, distractible	Difficulty to console or comfort <i>[Pushing away caregiver, resisting care or comfort measures]</i>
INDIVIDUAL BEHAVIOURS			

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Scoring

The FLACC scale is based on observations, with zero to two points assigned for each of the five areas.

Patients who are awake : Observe for at least 1-3 minutes.

Patients who are asleep : Observe for at least 5 minutes or longer.

Observe legs and body uncovered.

Reposition patient or observe activity.

Assess body for rigidity and tone.

Initiate consoling interventions if needed, then assess again.

Interpretation

- 0: Relaxed and comfortable
- 1 to 3: Mild discomfort
- 4 to 6: Moderate pain
- 7 to 10: Severe discomfort/pain

By recording the FLACC score periodically, healthcare providers can evaluate and document whether someone's pain is increasing, decreasing, or stable.