

Lisa 6. Valuskaalad

Kõik näidisedena toodud valuskaalad vajavad kasutusluba ja valideerimist eesti ja vene keelde. Enne valideerimisprotsessi lõpetamist kasutatakse skaalade ingliskeelseid nimetusi. Majandusliku kaalutluse ja valideerimisprotsessi pikkuse tõttu soovitab töörühm valideerida Eestis kasutamiseks järgmisi skaalasid: **COMFORT, FLACC, FACES, NRS, VAS, PAINAD.**

1. Comforti skaala

	DATE/TIME						
ALERTNESS	1- Deeply asleep 2- Lightly asleep 3- Drowsy 4- Fully awake and alert 5- Hyper alert						
CALMNESS	1- Calm 2- Slightly anxious 3- Anxious 4- Very anxious 5- Panicky						
RESPIRATORY DISTRESS	1- No coughing and no spontaneous respiration 2- Spontaneous respiration with little or no response to ventilation 3- Occasional cough or resistance to ventilation 4- Actively breathes against ventilator or coughs regularly 5- Fights ventilator; coughing or choking						
CRYING	1- Quiet breathing, no crying 2- Sobbing or gasping 3- Moaning 4- Crying 5- Screaming						
PHYSICAL MOVEMENT	1- No movement 2- Occasional, slight movement 3- Frequent, slight movement 4- Vigorous movement 5- Vigorous movements including torso and head						

MUSCLE TONE	<ul style="list-style-type: none"> 1- Muscles totally relaxed; no muscle tone 2- Reduced muscle tone 3- Normal muscle tone 4- Increased muscle tone and flexion of fingers and toes 5- Extreme muscle rigidity and flexion of fingers and toes 						
FACIAL TENSION	<ul style="list-style-type: none"> 1- Facial muscles totally relaxed 2- Facial muscle tone normal; no facial muscle tension evident 3- Tension evident in some facial muscles 4- Tension evident throughout facial muscles 5- Facial muscles contorted and grimacing 						
BLOOD PRESSURE (MAP) BASELINE	<ul style="list-style-type: none"> 1- Blood pressure below baseline 2- Blood pressure consistently at baseline 3- Infrequent elevations of 15% or more above baseline (1–3 during 2 minutes observation) 4- Frequent elevations of 15% or more above baseline (> 3 during 2 minutes observation) 5- Sustained elevations of 15% or more 						
HEART RATE BASELINE	<ul style="list-style-type: none"> 1- Heart rate below baseline 2- Heart rate consistently at baseline 3- Infrequent elevations of 15% or more above baseline (1–3 during 2 minutes observation) 4- Frequent elevations of 15% or more above baseline (> 3 during 2 minutes observation) 5- Sustained elevations of 15% or more 						
	TOTAL SCORE						

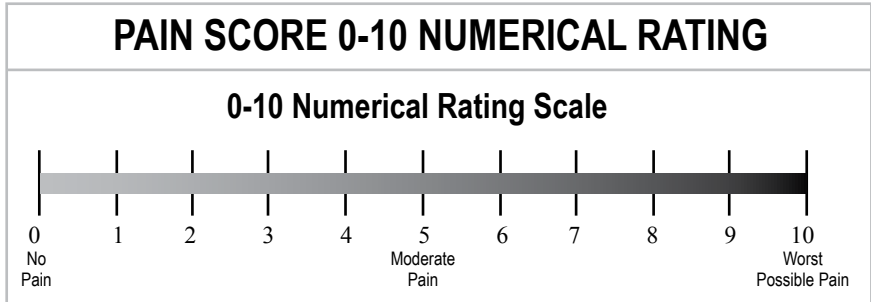
2. FLACC-i (*FaceLegs Activity Cry Consolability*) skaala

	DATE/TIME					
<p>Face</p> <p>0 - No particular expression or smile</p> <p>1 - Occasional grimace or frown, withdrawn, disinterested</p> <p>2 - Frequent to constant quivering chin, clenched jaw</p>						
<p>Legs</p> <p>0 - Normal position or relaxed</p> <p>1 - Uneasy, restless, tense</p> <p>2- Kicking, or legs drawn up</p>						
<p>Activity</p> <p>0 - Lying quietly, normal position, moves easily</p> <p>1 - Squirming, shifting back and forth, tense</p> <p>2 - Arched, rigid or jerking</p>						
<p>Cry</p> <p>0 - No cry (awake or asleep)</p> <p>1 - Moans or whimpers; occasional complaint</p> <p>2 - Crying steadily, screams or sobs, frequent complaints</p>						
<p>Consolability</p> <p>0 - Content, relaxed</p> <p>1 - Reassured by occasional touching, hugging or being talked to, distractible</p> <p>2 - Difficult to console or comfort</p>						
	TOTAL SCORE					

3. Visuaalne analoogskaala



4. Numbrilise hinnangu skaala



5. PAINAD skaala (*Pain Assessment in Advanced Dementia Scale*)

Pain Assessment in Advanced Dementia Scale			
ITEM	0	1	2
Breathing, independent of vocalization	Normal	Occasional labored breathing short periods of hyperventilation	Noisy, labored breathing: long period of hyperventilation; Cheyne-Stokes respirations
Negative vocalization	None	Occasional moan and groan; low-level speech with a negative or disapproving quality	Repeated, troubled calling out: loud moaning and groaning: crying
Facial expression Body language	Smiling or inexpressive Relaxed	Sad, frightened frowning Tense, distressed, pacing, fidgeting	Facial grimacing Rigid, fists clenched, knees pulled up, pulling or pushing away, striking out
Consolability	No need to console	Distracted or reassured by voice or touch	Unable to be consoled, distracted, or reassured