

Lisa 1. Valu hindamise mõõdikud

Alljärgnevalt on näidisedena toodud ravijuhendi töörühma soovitatud mõõdikud valu hindamiseks. Vaata lähemalt ravijuhendi soovitus nr 2.

1. FLACC (*FaceLegs Activity Cry Consolability*) mõõdik

Mõõdikut kohandatakse kultuuriliselt ravijuhendi rakendustegevuse käigus.

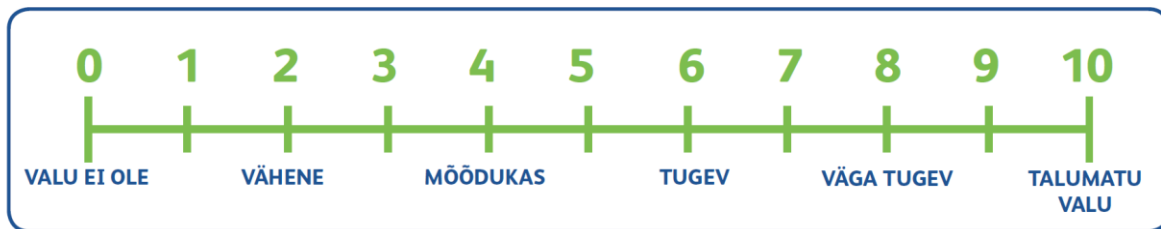
DATE/TIME						
Face						
0 - No particular expression or smile						
1 - Occasional grimace or frown, withdrawn, disinterested						
2 - Frequent to constant quivering chin, clenched jaw						
Legs						
0 - Normal position or relaxed						
1 - Uneasy, restless, tense						
2 - Kicking, or legs drawn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

2. FPS-R (Revideeritud nägude skaala, *The Faces Pain Scale – Revised*) mõõdik



Mõõdik on kasutusvalmis.

3. NRS (Numbrilise hinnangu skaala)



Mõõdik on eesti ja vene keeles kasutusvalmis.

4. PAINAD (*Pain Assessment in Advanced Dementia Scale*) instrument

Pain Assessment in Advanced Dementia Scale			
ITEM	0	1	2
Breathing, independent of vocalization	Normal	Occasional labored breathing	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	Smiling or inexpressive	Sad, frightened frowning	Facial grimacing
Body language	Relaxed	Tense, distressed, pacing, fidgeting	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

PAINAD-mõõdikut kohandatakse kultuuriliselt ravijuhendi rakendustegevuse käigus.