

	0	1	2	Score
Breathing Independent of vocalization	Normal	Occasional labored breathing. Short period of hyperventilation.	Noisy labored breathing. Long period of hyperventilation. Cheyne-Stokes respirations.	
Negative vocalization	None	Occasional moan or groan. Low-level speech with a negative or disapproving quality.	Repeated troubled calling out. Loud moaning or groaning. Crying.	
Facial expression	Smiling, or inexpressive	Sad. Frightened. Frown.	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 console, distract or reassure.	
				Total:

APPENDIX: ITEM DEFINITIONS

Breathing

1. **Normal breathing** is characterized by effortless, quiet, rhythmic (smooth) respirations.
2. **Occasional labored breathing** is characterized by episodic bursts of harsh, difficult or wearing respirations.
3. **Short period of hyperventilation** is characterized by intervals of rapid, deep breaths lasting a short period of time.
4. **Noisy labored breathing** is characterized by negative sounding respirations on inspiration or expiration. They may be loud, gurgling, wheezing. They appear strenuous or wearing.
5. **Long period of hyperventilation** is characterized by an excessive rate and depth of respirations lasting a considerable time.
6. **Cheyne-Stokes respirations** are characterized by rhythmic waxing and waning of breathing from very deep to shallow respirations with periods of apnea (cessation of breathing).

Negative Vocalization

1. **None** is characterized by speech or vocalization that has a neutral or pleasant quality.
2. **Occasional moan or groan** is characterized by mournful or murmuring sounds, wails or laments. Groaning is characterized by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.

3. **Low level speech with a negative or disapproving quality** is characterized by muttering, mumbling, whining, grumbling, or swearing in a low volume with a complaining, sarcastic or caustic tone.
4. **Repeated troubled calling out** is characterized by phrases or words being used over and over in a tone that suggests anxiety, uneasiness, or distress.
5. **Loud moaning or groaning** is characterized by mournful or murmuring sounds, wails or laments in much louder than usual volume. Loud groaning is characterized by louder than usual inarticulate involuntary sounds, often abruptly beginning and ending.
6. **Crying** is characterized by an utterance of emotion accompanied by tears. There may be sobbing or quiet weeping.

Facial Expression

1. **Smiling or inexpressive.** Smiling is characterized by upturned corners of the mouth, brightening of the eyes and a look of pleasure or contentment. Inexpressive refers to a neutral, at ease, relaxed, or blank look.
2. **Sad** is characterized by an unhappy, lonesome, sorrowful, or dejected look. There may be tears in the eyes.
3. **Frightened** is characterized by a look of fear, alarm or heightened anxiety. Eyes appear wide open.
4. **Frown** is characterized by a downward turn of the corners of the mouth. Increased facial wrinkling in the forehead and around the mouth may appear.

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APPENDIX: ITEM DEFINITIONS (cont.)

Facial expression (cont.)

5. **Facial grimacing** is characterized by a distorted, distressed look. The brow is more wrinkled as is the area around the mouth. Eyes may be squeezed shut.

Body Language

1. **Relaxed** is characterized by a calm, restful, mellow appearance. The person seems to be taking it easy.
2. **Tense** is characterized by a strained, apprehensive or worried appearance. The jaw may be clenched. (exclude any contractures)
3. **Distressed pacing** is characterized by activity that seems unsettled. There may be a fearful, worried, or disturbed element present. The rate may be faster or slower.
4. **Fidgeting** is characterized by restless movement. Squirming about or wiggling in the chair may occur. The person might be hitching a chair across the room. Repetitive touching, tugging or rubbing body parts can also be observed.
5. **Rigid** is characterized by stiffening of the body. The arms and/or legs are tight and inflexible. The trunk may appear straight and unyielding. (exclude any contractures)
6. **Fists clenched** is characterized by tightly closed hands. They may be opened and closed repeatedly or held tightly shut.

7. **Knees pulled up** is characterized by flexing the legs and drawing the knees up toward the chest. An overall troubled appearance. (exclude any contractures)
8. **Pulling or pushing away** is characterized by resistiveness upon approach or to care. The person is trying to escape by yanking or wrenching him or herself free or shoving you away.
9. **Striking out** is characterized by hitting, kicking, grabbing, punching, biting, or other form of personal assault.

Consolability

1. **No need to console** is characterized by a sense of well being. The person appears content.
2. **Distracted or reassured by voice or touch** is characterized by a disruption in the behavior when the person is spoken to or touched. The behavior stops during the period of interaction with no indication that the person is at all distressed.
3. **Unable to console, distract or reassure** is characterized by the inability to sooth the person or stop a behavior with words or actions. No amount of comforting, verbal or physical, will alleviate the behavior.

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