

Pain Assessment Tool Guidelines for use: Checklist of Non-Verbal Pain Indicators (CNPI)

Indicator	With Movement	At Rest	Total Score
Vocal Expressions: Moans, groans, grunts, cries, sighs, gasps, says ouch			
Facial Expression: Winces, grimace, furrowed brow, narrowed eyes, tight lips, jaw drop, clenched teeth, distorted expressions			
Bracing: Clutching or holding onto side rails, bed tray, table, or affected area of pain			
Restlessness: Shifting position, hand movements, unable to keep still (intermittent or constant)			
Rubbing: touching, holding, rubbing or massaging affected area			
TOTAL:			

Populations for use: Patients who are unable to validate the presence or quantify pain intensity by self-report methods. Initially it was developed for cognitively impaired older adults, but it has been used with other non-verbal populations.

Instructions for use: Observe the patient at rest and with movement. Rate each indicator

0 = behavior not observed

1 = behavior is observed (even briefly) during activity and/or rest (maximum 2 points per behavior)

Add the “With Movement” and “At Rest” columns to come up with a total score. For example:

Total score of 0 would indicate no indicators were observed with either movement or at rest

A total score of 5 would be reached if all indicators of pain were observed, but only with movement

A total score of 10 would be reached if all indicators of pain were observed with both movement and while at rest

Validity and reliability:

The Checklist of Non-Verbal Pain Indicators has been shown to be a reliable and valid assessment tool in older adults with acute or chronic pain, in critical care units and adults with dementia.

References:

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Nygaard HA, Jarland M. (2006). The Checklist of Nonverbal Pain Indicators (CNPI): testing of reliability and validity in Norwegian nursing homes. *Age & Ageing*, 35(1):79-81

Tyberg K, Chlan L. (2006). Interrater agreement of the Checklist of Nonverbal Pain Indicators in intubated and sedated patients in surgical intensive care units (ICUs). *American Journal of Critical Care*, 15(3): 326.