

Assessing Children's Pain

FLACC Pain Rating Scale for children under 3 years of age

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Face	No expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant frown, clenched jaw, quivering chin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

The FLACC (Face, Legs, Activity, Cry, Consolability) is a behavioural pain assessment scale for use for non-verbal or pre-verbal patients unable to self-report their level of pain.

Rate your child in each of the five measurement categories, add together, and document total pain score (0 – 10).

Children who are awake: Observe for at least 1-2 minutes. Observe legs and body uncovered. Reposition patient or observe activity, assess body for tenseness and tone. Initiate consoling interventions if needed.

Children who are asleep: Observe for at least 2 minutes or longer. Observe legs and body uncovered. If possible, reposition the patient. Touch the body and assess for tenseness and tone.