Comfort Behaviors Checklist

How is patient acting right now? Please circle best response.

NA = *sleeping*, or *not appropriate for this patient because of diagnosis or age* .

(For example, if patient is sleeping questions 3-5 are circled NA.)

	NA	No	Somewhat	Moderate	Strong
Vocalizations					
1. awake	0	1	2	3	4
2. moaning	0	1	2	3	4
3. complaining	0	1	2	3	4
4. content sounds/talk	0	1	2	3	4
5. crying/shouting	0	1	2	3	4
Motor Signs…………………………………………………………………					
6. peaceful	0	1	2	3	4
7. agitated	0	1	2	3	4
8. rapid pacing	0	1	2	3	4
9. fidgety	0	1	2	3	4
10. muscles relaxed	0	1	2	3	4
11. rubbing an area	0	1	2	3	4
12. guarding	0	1	2	3	4
Performance……………………………………………………………………					
13. anxious movements	0	1	2	3	4
14. accepts kindness	0	1	2	3	4
15. likes touch/ hand holding	0	1	2	3	4

16. able to rest	0	1	2	3	4
17. able to eat	0	1	2	3	4
18. calm, at ease	0	1	2	3	4
19. purposeless movements	0	1	2	3	4
20. tries to move away	0	1	2	3	4

Facial…………………………………………………………………………………..

21. appears depressed	0	1	2	3	4
22. grimaces/winces	0	1	2	3	4
23. relaxed expression	0	1	2	3	4
24. hyper-vigilant	0	1	2	3	4
25. appears frightened or worried	0	1	2	3	4
26. smiles	0	1	2	3	4

Miscellaneous……………………………………………………………………….

27. unusual breathing	0	1	2	3	4
28. focuses mentally	0	1	2	3	4
29. able to converse	0	1	2	3	4
30. awakens smoothly	0	1	2	3	4

…………………………………………………………………………………………..

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If this is the <u>only</u> comfort/pain instrument being used, ask the patient:

30. Do you have any pain? No_____Yes_____[Please rate your pain from 0 to 10, with

10 being the highest possible pain].   _____(rating)
31. Taking everything into consideration, how comfortable are you right now?   [Please rate your total comfort from 1 to 10, with 10 being the highest possible comfort.]
_____(rating)

Other open-ended information…………………………………………
(change in medication use, recent injury, recent decline in functional status, staff reports of comfort/discomfort, changes in appetite, ambulation, etc.)

Scoring of the Behaviors Checklist

1. Subtract number of "not appropriate" (NA) from 30, to obtain **total answered**.

2. Multiply **total answered** (step 1) by 4, to obtain **total possible score**.

3. Reverse code: numbers 2, 3, 5, 7, 8, 9, 11, 12, 13, 19, 20, 21, 22, 24, 25, 27 to obtain **raw comfort responses**.

4. Add **raw comfort responses** (step 3) for all questions not marked NA, to obtain **raw comfort score**.

5. Divide actual comfort score (step 4) by total possible score (step 2) and round to two decimal places. (If the third decimal place is a 5 or greater, round the second decimal place up to the next number.)

6. Report score as a **2-digit number** (percent without the % sign or decimal). *Higher scores* indicate *higher Comfort.*