

The Alder Hey Triage Pain Score

	Response	Score 0	Score 1	Score 2
1.	Cry or voice	No complaint/cry	Consolable	Inconsolable
		Normal conversation	Not talking negative	Complaining of pain
2.	Facial expression	Normal	Short grimace <50% of time	Long grimace >50% of time
3.	Posture	Normal	Touching/rubbing/sparing	Defensive/tense
4.	Movement	Normal	Reduced or restless	Immobile or thrashing
5.	Colour	Normal	Pale	Very pale/"green"

Explanatory notes of observational pain scores

Cry/voice

- Score 0 Child is not crying and although may be quiet, is vocalising appropriately with carer/taking notice of surroundings.
- Score 1 Child is crying but consolable/distractible or is excessively quiet and responding negatively to carer. On direct questioning says it's painful.
- Score 2 Child is inconsolable, crying, and/or persistently complaining about pain.

Facial expression

- Score 0 Normal expression and affect.
- Score 1 Some transient expressions that suggest pain/distress are witnessed but for less than 50% of time.
- Score 2 Persistent facial expressions suggesting pain/distress for more than 50% of time.
Grimace—open mouth, lips pulled back at corners, furrowed forehead and/or between eyebrows, eyes closed, wrinkled at corners.

Posture (This relates to the child's behaviour to the affected body area)

- Score 0 Normal.
- Score 1 Exhibiting increased awareness of affected area, e.g. by touching, rubbing, pointing, sparing, or limping.
- Score 2 Affected area is held tense and defended so that touching it is deterred, non-weight bearing.

Movement (This relates to how the child moves the whole body)

- Score 0 Normal.
- Score 1 Movement is reduced or child is noted to be restless/uncomfortable.
- Score 2 Movement is abnormal: either very still/rigid or writhing in agony/shaking.

Colour

- Score 0 Normal.
- Score 1 Pale.
- Score 2 Very pale "green", the colour that can sometimes be seen with nausea or fainting—extreme pallor.

Stewart B; Lancaster G; Lawson J; Williams K; Daly J. (2004) Validation of the Alder Hey Triage Pain Score. *Archives Disease in Childhood*; 89:625-630