

Checklist of Nonverbal Pain Indicators (CNPI)

Instructions: Score a 0 if the behavior was not observed and a 1 if the behavior occurred even briefly during movement or rest.

Behavior	With Movement	At Rest
Vocal complaints: Nonverbal (Expression of pain, not in words, moans, groans, grunts, cries, gasps, sighs)		
Facial Grimaces/Winces (Furrowed brow, narrowed eyes, tightened lips, jaw drop, clenched teeth, distorted expressions.)		
Bracing (Clutching or holding onto side rails, bed, tray table, or affected area during movement)		
Restlessness (Constant or intermittent shifting of position, rocking, intermittent or constant hand motions, inability to keep still)		
Rubbing (Massaging affected area)		
Vocal complaints: Verbal (record verbal complaints) (Words expressing discomfort of pain, "ouch", "that hurts", cursing during movement, or exclamations of protest "stop", "that's enough".		
Subtotal Scores		
Total Scores		

Scoring: The total number of indicators is summed for the behaviors observed at rest with movement and overall.

Note from author of CNPI: The difficulty with the behavioral score is that, although the CNPI correlates with verbal pain reports, there is not a 1:1 correlation. In my original work, the mean number of pain behaviors observed with movement was 1.56 (that means that fewer than 2 behaviors were most common in this older population), and the mean number of pain behaviors observed at rest was less than 1 behavior.

For patients who could rate their pain verbally as "moderate" the average number of total pain behaviors was about 2.5.

So that would suggest that if patients had 1 pain behavior, pain is mild, but 2 to 3 is moderate, and 4 or more is severe. Several of the hospitals using the tool, are moving in the direction, that 2 pain behaviors indicates that pain requires treatment.

Source:

Feldt. K. Checklist for non-verbal pain indicators (CNPI). *Pain Manag Nurs*. 2000;1:13-21.