

Individualized Numeric Rating Scale (iNRS)

Description:

The Individualized NRS is a numerical rating scale that includes space for the parent or nurse to insert typical pain responses for a nonverbal individual patient with cognitive impairment. Although these patients may appear insensitive to pain, they may be unable to communicate their pain, or caregivers may be unable to recognize their responses to pain.

The iNRS can be used for all children who are nonverbal, for example, intubated critically ill pediatric patients.

Assessment Method:

The iNRS is a 0-10 numeric rating scale individualized to the patient. Building upon the NRS (numerical rating scale in which numbers ranging from 0 to 10 are placed at equidistant points on a line where 0 equals no pain and 10 equals the worst pain imaginable), the nurse or parent can use the FLACC acronym to populate patient pain behaviors on the vertical line that corresponds to pain intensity.

Instructions:

1. Think about the child's painful events. How does the child act when in mild, moderate or severe pain?
2. In the diagram, write in the child's typical pain behaviors on the line that corresponds to its pain intensity where 0 = no pain and 10 = worst possible pain.
3. When describing the child's pain, think about changes in:

Facial expression: Squinting eyes, frowning, distorted face, grinds teeth, thrusts tongue

Leg or general body movements: tense, gestures (more or less) or touches part of body that hurts

Activity, or social interaction: Not cooperative, cranky, irritable, unhappy; not moving, less active, quiet or more active, fidgety,

Cry or vocalization: Moaning, whimpering, crying, yelling

Consolability: Less interaction, seeks comfort or physical closeness, difficult to distract/satisfy

Other changes: Tears, sweating, holds breath, gasping. For example parents may tell you that when their child is in moderate pain, he/she may become irritable or cranky. So fill in the blank under moderate pain with irritable or cranky.

