## DOLOPLUS SCALE – Behavioural pain assessment in the elderly.





| SOMATIC REACTIONS                           |  |                          |
|---|--|--------------------------|
| 1. Somatic reactions                        | <ul><li>. No complaints</li><li>. Complaints expressed upon inquiry only</li><li>. Occasional involuntary complaints</li><li>. Continuous involuntary complaints</li></ul>   | 0                        |
| 2. Protective body postures adopted at rest | <ul> <li>No protective body posture</li> <li>The patient occasionally avoids certain positions</li> <li>Protective postures continuously and effectively sought</li> <li>Protective postures continuously sought, without success</li> </ul>   | 0                        |
| 3. Protection of sore areas                 | No protective action taken     Protective actions attempted without interfering against any investigation or nursing     Protective actions against any investigation or nursing   | 0                        |
|   | . Protective actions taken at rest, even when not approached   | 3 🔘                      |
| 4. Expression                               | Usual expression     Expression showing pain when approached     Expression showing pain even without being approached     Permanent and unusually blank look (voiceless, staring, looking blank)  | 0                        |
| 5. Sleep pattern                            | Normal sleep     Difficult to go to sleep     Frequent waking (restlessness)     Insomnia affecting waking times   | 0                        |
| PSYCHOMOTOR REACTIONS                       |  |                          |
|   |  |                          |
| 6. Washing and/or dressing                  | <ul> <li>Usual abilities unaffected</li> <li>Usual abilities slightly affected (careful but thorough)</li> <li>Usual abilities highly impaired, washing and/or dressing is laborious and incomplete</li> <li>Washing and/or dressing rendered impossible as the patient resists any attempt</li> </ul>                             | 0                        |
| 7. Mobility                                 | . Usual abilities & activities remain unaffected . Usual activities are reduced (the patient avoids certain movements and reduces his/her walking distance) . Usual activities and abilities reduced (even with help, the patient cuts down on his/her movements) . Any movement is impossible, the patient resists all persuasion | 0 0<br>1 0<br>2 0<br>3 0 |
|   |  |                          |
| PSYCHOSOCIAL REACTIONS                      |  |                          |
| 8. Communication                            | <ul> <li>. Unchanged</li> <li>. Heightened (the patient demands attention in an unusual manner)</li> <li>. Lessened (the patient cuts him/herself off)</li> <li>. Absence or refusal of any form of communication</li> </ul>   | 0                        |
| 9. Social life                              | . Participates normally in every activity (meals, entertainment, therapy   | 0 0                      |
|   | workshop) . Participates normally in every activity (meals, entertainment, therapy workshop)   | 1 0                      |
|   | Sometimes refuses to participate in any activity     Refuses to participate in anything  | 2 0                      |
| 10. Problems of behaviour                   | . Normal behaviour   | 0 🔘                      |
|   | . Problems of repetitive reactive behaviour  | 1 🔘                      |
|   | . Problems of permanent reactive behaviour<br>. Problems of behaviour<br>Permanent behaviour problems (without any external stimulus)  | 2 0                      |