The Comfort Behaviours Checklist

How is the patient acting at the moment? Please choose the best answer.

NA[*]= The patient is asleep, or the question is inappropriate because of age or medical diagnosis.

(For example: If the patient is asleep, the answer to the questions 3-5 will be "NA")

			NA[*]	No	Slightly	Moderate	Strong
Vocalization	1	Is awake	0	1	2	3	4
	2	Is moaning	0	1	2	3	4
	3	Is complaining	0	1	2	3	4
	4	Uses meaningful words/sounds	0	1	2	3	4
	5	Is crying/shouting	0	1	2	3	4
Motor Signs	6	Is peaceful	0	1	2	3	4
	7	Is agitated	0	1	2	3	4
	8	Rapid pacing	0	1	2	3	4
	9	Is fidget	0	1	2	3	4
	10	Has relaxed muscles	0	1	2	3	4
	11	Is rubbing an area	0	1	2	3	4
	12	Has guarding	0	1	2	3	4
Performance	13	Acts anxiously	0	1	2	3	4
	14	Accepts kindness	0	1	2	3	4
	15	Enjoys touch/hand holding	0	1	2	3	4
	16	Can rest	0	1	2	3	4
	17	Can eat	0	1	2	3	4
	18	Is calm/at ease	0	1	2	3	4
	19	Has purposeless movements	0	1	2	3	4
	20	Tries to move away	0	1	2	3	4

Facial Expression	21	Looks depressed	0	1	2	3	4
	22	Grimaces/Kicks away	0	1	2	3	4
	23	Looks relaxed	0	1	2	3	4
	24	Is too alert	0	1	2	3	4
	25	Appears worried/scared	0	1	2	3	4
	26	Smiles	0	1	2	3	4
Other Signs	27	Has unusual breathing	0	1	2	3	4
	28	Is mentally focused	0	1	2	3	4
	29	Able to have a conversation	0	1	2	3	4
	30	Wakes up smoothly	0	1	2	3	4

If this is the only instrument you use for assessing pain/comfort, ask the patient:

31. Do you feel pain? Yes/No [Please Rate from 0-10, 10 states maximum possible pain level]: ……. /10.

32. How much do you feel comfortable, considering all existing condition? Please Rate from 1-10. [10 is the most comfortability level]: ……. /10

Other open-ended questions:

- Medication Change,
- Recent injury,
- Functional problem,
- Staff reports of comfort,
- Appetite change,
- Ambulation,

And etc,

Scoring of the Comfort Behaviours Checklist

1. <u>Subtract</u> number of NA[*] answers from 30, to obtain **total answered**.
2. <u>Multiply</u> **total answered** (step 1) by 4, to obtain **total possible score**.
3. **Reverse code**: questions 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) to obtain **raw comfort score**. (Except for NA[*] answers)
5. Divide the **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 the score** with a 2-digit number (percent without the % sign or decimal).