

## Faces Legs Activity Cry Consolability Revised Scale (FLACC-R)

We care about your child's comfort. You know your child best. We want to partner with you to help control your child's pain. If you have questions or concerns, please let your child's nurse know. While we may not be able to totally get rid of all your child's pain, we can reduce it.

### Pain Assessment

The first step is to assess your child's pain using pain scales. The type of scale we use is based on your child's age, ability to communicate and preference. The pain scale you choose is used the whole time your child is in the hospital unless your child's condition changes.

### Goals

We work with you and your child to come up with a goal for pain control.

### Making a Plan

We will use medicine and non-drug methods to control your child's pain. We will ask you what has worked before to control your child's pain. We will put that into your child's plan of care, if we are able to. We will also teach you about other methods for pain control. Often, medicine combined with other comfort methods will give the best pain relief.

If you think your child needs pain medicine, please let your child's nurse know. In the hospital, a doctor must order pain medicine before a nurse can give it to a patient. Your child's nurse works with you to decide what is needed. In clinic, your child's doctor or nurse talks with you about a pain medicine plan.

### What You Can Do

You can use some simple methods to comfort and distract your child if they seem to be in pain.

- Repositioning
- Singing or soft music
- Gentle stroking
- Rocking with your child in a rocking chair
- Swaddling
- Holding a comfort item or blanket
- Watching a movie
- Reading a book
- Other things you do to comfort your child

Ask about our non-drug pain control options for kids. The nurse, nursing assistant or child life specialist can help you choose the best tools and show you how to use them.

### Faces Legs Activity Cry Consolability Revised Scale (FLACC-R)

This scale is used for children older than one year that cannot report their pain. They may be too young to speak or do not understand questions we are asking them. Some children may never really understand how to report their pain. This scale is also helpful for children with developmental differences.

A child scores a 0, 1 or 2 in each category based on their behavior. We then add up the total score. If a child scores a 3 or higher, they are likely having some pain or discomfort. We will then likely start methods to reduce pain. If you notice other behaviors that tell you your child is in pain, please let your child's nurse know.

## Faces Legs Activity Cry Consolability Revised Scale (FLACC-R)

Categories	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested, <b>sad, appears worried</b>	Frequent to constant quivering chin, clenched jaw, <b>distressed looking face, expression of fright/panic</b>
Legs	Normal position or relaxed, <b>usual tone &amp; motion to limbs</b>	Uneasy, restless, tense, <b>occasional tremors</b>	Kicking, or legs drawn up, <b>marked increase in spasticity, constant tremors, jerking</b>
Activity	Lying quietly, normal position, moves easily, <b>regular, rhythmic respirations</b>	Squirming, shifting back and forth, tense, <b>tense/guarded movements, mildly agitated, shallow/splinting respirations, intermittent sighs</b>	Arched, rigid or jerking, <b>severe agitation, head banging, shivering, breath holding, gasping, severe splinting</b>
Cry	No cry (awake or asleep)	Moans or whimpers; occasional complaint, <b>occasional verbal outbursts, constant grunting</b>	Crying steadily, screams or sobs, frequent complaints, <b>repeated outbursts, constant grunting</b>
Consolability	Content, relaxed	Reassured by occasional touching, hugging or being talked to, distractible	Difficult to console or comfort, <b>pushing caregiver away, resisting care or comfort measures</b>

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7712