

Échelle Douleur Inconfort Nouveau-Né

Indicator	Description	Result
Facial activity	0. Relaxed facial activity	
	1. Transient grimaces with frowning, lip purse and chin quiver or tautness	
	2. Frequent grimaces, lasting grimaces	
	3. Permanent grimaces resembling crying <u>or</u> blank face	
Body movements	0. Relaxed body movements	
	1. Transient agitation, often quiet	
	2. Frequent agitation but can be calmed down	
	3. Permanent agitation with contraction of fingers and toes and hypertonia of limbs <u>or</u> infrequent, slow movements and prostration	
Quality of sleep	0. Falls asleep easily	
	1. Falls asleep with difficulty	
	2. Frequent, spontaneous arousals, independent of nursing, restless sleep	
	3. Sleepless	
Quality of contact with nurses	0. Smiles, attentive to voice	
	1. Transient apprehension during interactions with nurses	
	2. Difficulty communicating with nurses. Cries in response to minor stimulation	
	3. Refuses to communicate with nurses. No interpersonal rapport. Moans without stimulation	
Consolability	0. Quiet, total relaxation	
	1. Calms down quickly in response to stroking or voice, or with sucking	
	2. Calms down with difficulty	
	3. Disconsolate. Sucks desperately	

TOTAL SCORE: /15