

**A pain scale  
for children  
under 7**

# EVENDOL

A pain scale validated  
for children from birth  
to 7 years

Score ranges from 0 to 15.  
Treatment threshold: 4/15.

Note everything you observe, even if you think the symptoms are not due to pain but to fear, tiredness or illness severity.

Name	sign absent	sign weak or transient	sign moderate or present about half the time	sign strong or present almost all the time	Assessment at admission		Following assessments and/or after analgesic <sup>3</sup>							
					at rest <sup>1</sup> (R)	during examination <sup>2</sup> or mobilization (M)	R	M	R	M	R	M		
							R	M	R	M	R	M		
Vocal or verbal expression														
<i>cries and/or screams and/or moans and/or complains of pain</i>	0	1	2	3										
Facial expression														
<i>furrowed forehead and/or frown, furrowed or bulging brow and/or tense mouth</i>	0	1	2	3										
Movements														
<i>restlessness, agitation and/or rigidity and/or muscular tenseness</i>	0	1	2	3										
Postures														
<i>unusual and/or antalgic posture and/or protection of the painful area and/or immobility</i>	0	1	2	3										
Interaction with the environment														
<i>can be comforted and/or interested in playing and/or interacts with people</i>	normal 0	low 1	very low 2	absent 3										
Remarks	<b>Total /15</b>													
	Date & Time													
	Signature													

<sup>1</sup> At rest (R): observe the child from a distance, before performing any examination or procedure, at rest, ensuring the best possible conditions of safety and comfort, for example with his/her parents, when he/she is playing.

<sup>2</sup> During examination or mobilization (M): assess pain during examination or mobilization or palpation of the painful area by nurse or by doctor.

<sup>3</sup> Reassess pain regularly after analgesic administration: wait 30 to 45 minutes if analgesic is administered by oral or rectal route, 5 to 10 minutes if administered by IV route. Note whether the child is at rest (R) or mobilized (M).