

## Children's Hospital of Eastern Ontario Pain Scale (CHEOPS) in Young Children

Overview: The CHEOPS (Children's Hospital of Eastern Ontario Pain Scale) is a behavioral scale for evaluating postoperative pain in young children. It can be used to monitor the effectiveness of interventions for reducing the pain and discomfort.

Patients:

- The initial study was done on children 1 to 5 years of age.
- It has been used in studies with adolescents but this may not be an appropriate instrument for that age group.
- According to Mitchell (1999) it is intended for ages 0-4.

| Parameter    | Finding                           | Points |
|--------------|-----------------------------------|--------|
| cry          | no cry                            | 1      |
|              | moaning                           | 2      |
|              | crying                            | 2      |
|              | screaming                         | 3      |
| facial       | smiling                           | 0      |
|              | composed                          | 1      |
|              | grimace                           | 2      |
| child verbal | positive                          | 0      |
|              | none                              | 1      |
|              | complaints other than pain        | 1      |
|              | pain complaints                   | 2      |
|              | both pain and non-pain complaints | 2      |
| torso        | neutral                           | 1      |
|              | shifting                          | 2      |
|              | tense                             | 2      |
|              | shivering                         | 2      |
|              | upright                           | 2      |
|              | restrained                        | 2      |
| touch        | not touching                      | 1      |
|              | reach                             | 2      |

|      |                   |   |
|------|-------------------|---|
|      | touch             | 2 |
|      | grab              | 2 |
|      | restrained        | 2 |
| legs | neutral           | 1 |
|      | squirming kicking | 2 |
|      | drawn up tensed   | 2 |
|      | standing          | 2 |
|      | restrained        | 2 |

where:

- no cry: child is not crying
- moaning: child is moaning or quietly vocalizing silent cry
- crying: child is crying but the cry is gentle or whimpering
- screaming: child is in a full-lunged cry; sobbing may be scored with complaint or without complaint
- smiling: score only if definite positive facial expression
- composed: neutral facial expression
- grimace: score only if definite negative facial expression
- positive (verbal): child makes any positive statement or talks about other things without complaint
- none (verbal): child not talking
- complaints other than pain: child complains but not about pain ("I want to see mommy: or "I am thirsty")
- pain complaints: child complains about pain
- both pain and non-pain complaints: child complains about pain and about other things (e.g. It hurts; I want mommy. )
- neutral (torso): body (not limbs) is at rest; torso is inactive
- shifting: body is in motion in a shifting or serpentine fashion
- tense: body is arched or rigid
- shivering: body is shuddering or shaking involuntarily

- upright: child is in a vertical or upright position
- restrained: body is restrained
- not touching: child is not touching or grabbing at wound
- reach: child is reaching for but not touching wound
- touch: child is gently touching wound or wound area
- grab: child is grabbing vigorously at wound
- restrained: child's arms are restrained
- neutral (legs): legs may be in any position but are relaxed; includes gently swimming
- squirming kicking: definitive uneasy or restless movements in the legs and/or striking out with foot or feet
- drawn up tensed: legs tensed and/or pulled up tightly to body and kept there
- standing: standing crouching or kneeling
- restrained: child's legs are being held down

CHEOPS pain score = SUM(points for all 6 parameters)

Interpretation:

- minimum score: 4
- maximum score: 13

References:

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