

Not only is it very difficult to detect pain in babies but it is also hard to evaluate in young children who are unable to report pain as well as in those who are unwilling to report pain.

The FLACC Scale, (an acronym for Face, Legs, Activity, Cry and Consolability), is a valuable tool in helping to assess the level of pain in an infant or small child.

## FLACC Scale

CATEGORIES	SCORING			SCORE
	0	1	2	
<b>Face</b>	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant quivering chin, clenched jaw	
<b>Legs</b>	Normal position or relaxed	Uneasy, restless, tense	Kicking, or legs drawn up	
<b>Activity</b>	Lying quietly, normal position moves easily	Squirming, shifting back and forth, tense	Arched, rigid or jerking	
<b>Cry</b>	No cry (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints	
<b>Consolability</b>	Content, relaxed	Reassured by occasional touching, hugging or being talked to, distractible	Difficult to console or comfort	
Each of the five categories (F) Face; (L) Legs; (A) Activity; (Cr) Cry; (C) Consolability is scored from 0 - 2 which results in a total score between 0 and 10 (Merkel et al, 1997)			<b>TOTAL SCORE</b>	

## How to use the FLACC Scale:

- Each of the 5 categories, Face, Legs, Activity, Cry and Consolability are scored
- A score of 0 to 2 is assigned to each individual category
- All individual category scores are added to attain a total score
- The total scores are interpreted as follows:

0	<b>NO pain</b>
1-3	<b>MILD pain</b>
4-7	<b>MODERATE pain</b>
8-10	<b>SEVERE pain</b>