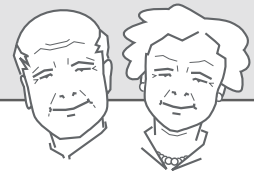


# Rotterdam Elderly Pain Observation Scale (REPOS)

## Instruction chart



### Definitions of the behaviors

Each item in the REPOS represents specific behavior or a certain reaction. The REPOS does not score intensity of behavior, but rather occurrence, yes or no. An item is only scored as present if the behavior in question was clearly visible. Scoring is not useful if the client is in relaxed sleep.



#### **Tense face**

*One or more facial muscles are being tightened (are not relaxed).  
This is NOT scored when client is talking.*



#### **Eyes (almost) squeezed**

*Eyes tightly shut or squeezed.  
Do NOT score if client shows blinking eyes or eyes shut without squeezing.*



#### **Raising upper lip**

*The upper lip is being pulled up, shortening the distance between upper lip and nose; nasio-labial furrows deepened, nostrils raised and enlarged.*



#### **Grimace**

*Scored as present only when the following three facial expressions occur together:*  
1) *Eyebrows drawn together and downward, with the skin fold between the eyebrows bulged out.*  
2) *Eyes tightly shut or squeezed.*  
3) *Nasio-labial furrows deeper than normal and drawn up sideways.*



#### **Frightened, fearful look**

*Large, widely opened eyes, and inner sides of eyebrows slightly raised and drawn together.*

#### **Moving body parts**

*Each movement indicative of resistance or protecting a (painful) body part. Included are movements such as changing one's position in a chair so as to relieve one's bottom, and grasping the head.  
Do NOT score when the movement or action is functional, e.g. pushing one's hair out of one's face, or raising arms to take off clothes.*

#### **Panicky, panics attack**

*An extreme manifestation of anxiety showing in random nervous body movements or fierce resistance.  
This may co-occur with:*

- *Frightened expression characterized by large, widely opened eyes, and inner sides of eyebrows slightly raised and drawn together; and/or*
- *Intense screams or verbal expressions of pain, such as 'ouch' or "you're hurting me'.*

#### **Moaning/groaning**

*Monotonous and whining sound.*

#### **Sounds of restlessness/verbal expressions**

*Sudden or persisting intense screams or verbal expressions of pain, such as 'ouch' or "you're hurting me'.*

#### **Breath holding/faltering respiration**

*Briefly interrupted breathing, gasping.*