

Table 1

## CHEOPS—Children's Hospital of Eastern Ontario Pain Scale

CHEOPS			
Items	Behavior	Score	Definition
<b>Cry</b>	No cry	1	Child is not crying
	Moaning	2	Child is moaning or quietly vocalizing, silent cry
	Crying	2	Child is crying, but the cry is gentle or whimpering
	Scream	3	Child is in full-lunged cry; sobbing; may be scored with complaint or without complaint
<b>Facial</b>	Composed	1	Neutral facial expression
	Grimace	2	Score only if definite negative facial expression
	Smiling	0	Score only if definite positive facial expression
<b>Verbal</b>	None	1	Child is not talking
	Other Complaints	1	Child complains, but not about pain, e.g. "I want mommy" or, "I am thirsty"
	Pain complaints	2	Child complains about pain
	Both complaints	2	Child complains about pain and about other things "It hurts; I want mommy."
	Positive	0	Child makes positive statement about things without complaints
<b>Torso</b>	Neutral	1	Body (not limbs) is at rest; torso is inactive
	Shifting	2	Body is in motion in a shifting or serpentine fashion
	Tense	2	Body is arched or rigid
	Shivering	2	Body is shivering or shaking involuntarily
	Upright	2	Child is in a vertical or upright position
	Restrained	2	Body is restrained
<b>Touch</b>	Not Touching	1	Child is not touching or grabbing at wound
	Reach	2	Child is reaching for but not touching wound
	Touch	2	Child is gently touching wound or wound area
	Grab	2	Child is grabbing vigorously at wound
	Restrained	2	Body is restrained
<b>Legs</b>	Neutral	1	Legs may be in any position but are relaxed; including gentle swimming or serpentine-like movements
	Squirming/kicking	2	Definitive uneasy or restless movements in the legs and/or striking out with foot or feet
	Drawn up/tensed	2	Legs tensed and/ pulled up tightly to body and kept there.
	Standing	2	Standing, crouching or kneeling
	Restrained	2	Child's legs are being held down

**Total (4-13)**

The CHEOPS has been validated for use in rating post-operative pain in young children (1 to 7 years). Boston Medical Center also uses CHEOPS to measure procedural pain. The CHEOPS can be used for younger children (< 5 years of age) who may not be able to reliably self-report their pain. Pain scores can be evaluated at various points in time to evaluate the effects of analgesics and other pain management interventions.