## ICU - Documentation – ICU Critical **Care Pain Observation Tool**



**Digital Health Quick Reference Guide** 

✓ Critical ☐ High ☐ Low

## This Quick Reference Guide will explain how to:

Document the Critical Care Pain Observation Tool (CPOT) accurately for patients in the Intensive Care Unit (ICU).

## **Definitions:**

Critical Care Pain Observation Tool (CPOT) – A pain assessment tool for patients incapable of self-reporting pain. The CPOT can be used to assess intubated or sedated patient's pain based on facial expressions, muscle tension and movement as well as compliance with ventilated breaths for intubated patients or vocalized pain for non-intubated patients.

dult ICU Neurologica

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1. Go to the 'Adult ICU neurological' tab within (iView)

Interactive View and Fluid Balance

Find Item

2. Locate the CF	OT tool
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2. Locate the CPOT tool	Pain Assessment CPOT Pain Interventions Pupils Assessment Glasgow Coma Scale Sedation and Delirium Assessment Behaviours of Concern Assessment Acohol Withdrawal Scale Neuromuscular Blockade Non Mental Health Restraints Alternative Restraint Strategies Restraints Observations	<  13:00  CPOT  Unable to Self Report Pain, CPOT
		Facial Expression, CPOT Body Movements, CPOT Ventilator Compliance, CPOT Vocalizations, CPOT Muscle Tension, CPOT CPOT Nonventilated Score CPOT Ventilated Score CPOT Category and Interventions
3. Select the ventilation status of the critical care patient to open the associated CPOT assessment sections for completion	Unable to Self Report Pain, CPOT	Unable to Self Report Pain, CPOT X CPOT, patient non-ventilated CPOT, patient ventilated
	Facial Expression, CPOT	Facial Expression, CPOT X Relaxed, neutral Tense Grimacing
	Body Movements, CPOT	Body Movements, CPOT X Absence of movements or normal position Protection Restlessness/Agitation
	Ventilator Compliance, CPOT	Ventilator Compliance, CPOT X Tolerating ventilator or movement Coughing but tolerating Fighting ventilator
	Vocalizations, CPOT	Vocalizations, CPOT X Talking in normal tone or no sound Sighing, moaning Crying out, sobbing
	Muscle Tension, CPOT	Muscle Tension, CPOT X Relaxed, neutral Tense, rigid Very tense or rigid





4. Once the relevant fields are completed, a CPOT score out of 8 is auto-calculated. Select the appropriate CPOT Category and Interventions to assist monitoring, early intervention and treatment of pain.

CPOT Category and Interventions	CPOT Category and Interventions 🛛 🗙 🗙
	0-2: minimal/no pain present, continue to observe & assess
	3-8: mod./severe pain, consider further sedation/analgesia

