

## Neonatal Infant Pain Scale (NIPS)

### **Facial expression**

- 0 – relaxed muscles
- 1 – grimace

- > restful face, neutral expression
- > tight facial muscles; furrowed brow, chin, jaw  
(negative facial expression – nose, mouth, brow)

### **Cry**

- 0 – no cry
- 1 – whimper
- 2 – vigorous cry

- > quiet, not crying
- > mild moaning, intermittent
- > loud scream; rising, shrill, continuous  
(silent cry may be scored if baby is intubated as evidenced by obvious mouth and facial movement)

### **Breathing pattern**

- 0 – relaxed
- 1 – change in breathing

- > usual pattern for this infant
- > indrawing, irregular, faster than usual; gagging, breath holding

### **Arms**

- 0 – relaxed/restrained
- 1 – flexed/extended

- > no muscular rigidity; occasional random movements of arms
- > tense, straight arms; rigid and/or rapid extension, flexion

### **Legs**

- 0 – relaxed/restrained
- 1 – flexed/extended

- > no muscular rigidity; occasional random movements of legs
- > tense, straight legs; rigid and/or rapid extension, flexion

### **State of arousal**

- 0 – sleeping/awake
- 1 – fussy

- > quiet, peaceful, sleeping or alert, random leg movements
- > alert, restless and thrashing