

Children's Hospital Eastern Ontario Pain Scale (CHEOPS)

(Recommended for children 1-7 years old) - A score greater than 4 indicates pain.

Item	Behavioral	Definition	Score
Cry	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 a full-lunged cry; sobbing; may be scored with complaint or without complaint.	
Facial	Composed	1 Neutral facial expression.	
	Grimace	2 Score only if definite negative facial expression.	
	Smiling	0 Score only if definite positive facial expression.	
Child Verbal	None	1 Child not talking.	
	Other complaints	1 Child complains, but not about pain, e.g., "I want to see mommy" or "I am thirsty".	
	Pain complaints	2 Child complains about pain.	
	Both complaints	2 Child complains about pain and about other things, e.g., "It hurts; I want my mommy".	
	Positive	0 Child makes any positive statement or talks about others things without complaint.	
Torso	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 shuddering or shaking involuntarily.	
	Upright	2 Child is in a vertical or upright position.	
	Restrained	2 Body is restrained.	
Touch	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 Child's arms are restrained.	
Legs	Neutral	1 Legs may be in any position but are relaxed; includes gentle swimming or separate-like movements.	
	Squirm/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/or pulled up tightly to body and kept there.	
	Standing	2 Standing, crouching or kneeling.	
	Restrained	2 Child's legs are being held down.	

Citation: McGrath, PJ, Johnson G, Goodman JT, et al. CHEOPS: A behavioral scale for rating postoperative pain in children. In Fields HL et al (editors) *Advances in Pain Research and Therapy*, (vol. 9). New York, Raven Press.