

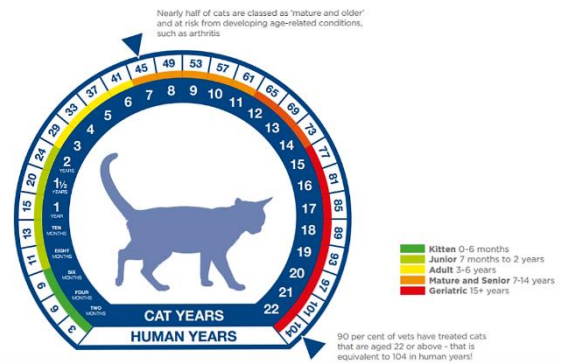
## Feline Chronic Pain Scale

Cats have pain—we know that! They express their pain in ways that are often hard for humans to recognize, so unfortunately their suffering goes un-noticed. Most owners do not realize that their cat is practicing the ‘grin and bear it’ approach to life. Depending on the source of pain, different behaviours may be seen.

Similarly, some cats will exhibit given behaviours regardless of pain (ex: some cats always hiss if patted on the head).

Please consider each of the groups of statements and how they relate to your cat. Please check the box that best describes this behaviour for your cat. In sections considering frequency or quality of a behaviour, if your cat has always expressed this behaviour as described, please check the “Normal” box.

Graph to show life stages of cat, with ages compared to human years:



From *Spot the Signs: A Report into Chronic Pain in Cats*, Boehringer Ingelheim and FabCats, Nov 2011

### General Behaviour

Preferred resting positions

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

Overall amount of sleep or sleep/wake cycles

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

Play with toys or hunting behavior

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

Amount of food eaten in a day, or at each feeding

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

Comfort level while eating

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

Interest in food

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

Eliminates (urine and feces) in usual place without 'accidents'

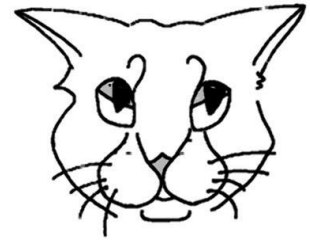
- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

Grooming of hair coat-- presence of mats, dandruff, or general scruffiness

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No change                | Somewhat different       | Greatly different        | Unknown                  |

### **Facial Expressions**

Which looks most like your cat's ears?



Which looks most like your cat's muzzle, mouth, and whiskers?



### **Attitude**

Hides from or dislikes interaction with family

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Normal                   | Much less                | Somewhat less            | Somewhat more            | Much more                | Unknown                  |

Hides from or dislikes interaction with other pets

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Normal                   | Much less                | Somewhat less            | Somewhat more            | Much more                | Unknown                  |

Flattens ears, flicks tail, hisses, growls, or runs away when approached or touched

- |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Normal                   | Much less                | Somewhat less            | Somewhat more            | Much more                | Unknown                  |

### Body posture

Seems stiff and struggles with stretching

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Sits with all four feet tucked under tight and back arched

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

### Movement

Jumps up or down with hesitation: looks at spots, 'considers' the leap before jumping

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Misses jumps occasionally or uses furniture to reach high perches

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Gets in and out of litter pans or beds awkwardly

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Tail carriage is low and sometimes limps

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Struggles or goes slowly when using stairs

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

### Attention to areas of pain

Licks or bites particular areas of body

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Displays aggression towards people or other pets when touched in certain area

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

**Vocalization:** refers to meowing, purring, hisses, or growling

Overall amount

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Volume

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Vocalizes in response to stimulus

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

Quality of vocalization has changed (harshness, pitch, etc)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Normal	Much less	Somewhat less	Somewhat more	Much more	Unknown

## **Notes to Clinicians**

This document has not been tested for validity or repeatability. Nor has a numerical scale been developed. Because feline patients are often adept at 'hiding' pain or adjusting their lifestyles, chronic pain is often identified by any change from their 'normal' behaviour patterns.

Therefore, clinicians are encouraged to take note of any deviations from 'Normal', and question clients in these areas to elicit further information. Repeat measures with the tool will help to:

- assess response to treatments and interventions over time and
- monitor progression of painful disease processes.

Numerical scales are available for acute pain and for musculoskeletal-specific chronic pain. For more information, see the Resources section below.

## **Resources:**

Bessant, C. (Nov 2011). *Spot the Signs: A Report into Chronic Pain in Cats*. Boehringer Ingelheim (Vetmedica) and Fab Cats. Technical Report. Bracknell, Berkshire UK. Accessed on 24 September 2016 via:

[http://www.pledgeagainstcatpain.co.uk/assets/downloads/Spot\\_Cat\\_Pain\\_Report.pdf](http://www.pledgeagainstcatpain.co.uk/assets/downloads/Spot_Cat_Pain_Report.pdf)

Feline Musculoskeletal Pain Index. (2015). North Carolina State University Veterinary Medicine, Comparative Pain Laboratory. Version 9.

Hellyer, P.W, Uhrig, S.R., Robinson, N.G. (2006) *Feline Acute Pain Scale*. Colorado State University, Veterinary Teaching Hospital. Fort Collins, Colorado. Accessed 13 September 2015 via: [https://csuanimalcancercenter.org/assets/files/csu\\_acute\\_pain\\_scale\\_feline.pdf](https://csuanimalcancercenter.org/assets/files/csu_acute_pain_scale_feline.pdf)

Napier. (2015) *Glasgow Composite Measure Pain Scale: CMPS – Feline*. Universities of Glasgow & Edinburgh. Licensed to NewMetrica Ltd. Accessed 13 September 2016 via submission: <http://www.newmetrica.com/acute-pain-measurement/download-pain-questionnaire-for-cats/>

O'Brien, E., et al. *Pain Assessment and Management*. The Cat Healthy Preventive Healthcare Protocols, #14. pp 25-26. Accessed 24 September 2016 via: [http://www.cathealthy.ca/wp-content/uploads/2014/07/CatHealthyProtocols\\_141.pdf](http://www.cathealthy.ca/wp-content/uploads/2014/07/CatHealthyProtocols_141.pdf)