

Signs that indicate **PAIN** in **PETS**

Make sure you can readily recognize these signs to ensure patients aren't suffering.

NORMAL—NO PAIN

Comfort: Asleep or interested in surroundings
Vocalization: Quiet
Heart rate: 0 to 15 percent above normal
Respiratory rate: 0 to 15 percent above normal

MILD TO MODERATE PAIN

Comfort: Depressed, restless, no interest
Vocalization: Crying but responsive to voice
Heart rate: 16 to 45 percent above normal
Respiratory rate: 16 to 45 percent above normal

SEVERE PAIN

Comfort: Extreme agitation or thrashing
Vocalization: Continuous crying that is unusual for the patient
Heart rate: More than 45 percent above normal
Respiratory rate: More than 45 percent above normal

Other signs that indicate pain include self-mutilation, anorexia, hiding, pacing, a decrease in normal activity, a change in routine, behavior changes, and aggression.

