

## Toddler-Preschooler Postoperative Pain Scale (TPPPS)

Overview: The Toddler-Preschooler Postoperative Pain Scale (TPPPS) can be used to evaluate the pain experienced by a small child during and following a medical or surgical procedure.

Criteria for use:

- (1) child 1-5 years old
- (2) must occur during or after a potentially painful medical procedure or surgery
- (3) child must be awake

Expressions of pain which are observed:

- (1) verbal
- (2) facial
- (3) bodily movements

Pain Expression	Behaviors
verbal	verbal pain complaint and/or cry
	scream
	groan moan grunt
facial	open mouth with lips pulled back at corners
	squint closed eyes
	furrowed forehead brow bulging
bodily	restless motor behavior and/or rubbing-touching painful area

where:

- verbal pain complaint: any word phrase or statement that refers to pain hurt or discomfort; it must be a statement and not a question.
- cry: tears in eyes and/or running down face and/or making sobbing sounds; this should not include crying initiated by separation from parents unless the child is undergoing a potentially painful procedure.
- scream: acute loud high-pitched cry
- groan moan grunt: deep low-pitched sounds; may be drawn out (moan) or abrupt (grunt)
- open mouth with lips pulled back at corners: open mouth with lips pulled back at corners with a downward pull on the jaw

- squint closed eyes: eyelids taut stiff closed or nearly closed with wrinkling of the skin at the lateral aspect of the eyes
- furrowed forehead: creasing or furrows above the eyebrows
- brow bulging: bulging between the eyebrows
- restless motor behavior: unrestrained motor activity with the body and/or head never still; may appear random or lack goal directions
- rubbing-touching painful area: touching rubbing massaging body part where the medical or surgical procedure was performed

Scoring:

- if behavior present during a 5 minute observation period: 1
- if behavior absent during a 5 minute observation period: 0

pain score = SUM(number of behaviors present)

Interpretation:

- minimum score: 0
- maximum score: 7
- According to Table V (page 278) the low pain group had a mean score of < 1.17; the moderate pain group had a mean score of 1.18 - 3.00; the high pain group had a mean score of 3.01 to 5.33.

References:

Tarbell SE Marsh JL Cohen ITC. Reliability and validity of the Pain Assessment Scale: A scale for measuring postoperative pain in young children. J of Pain and Symptom Management. 1991; 6: 196.

Tarbell SE Cohen IT Marsh JL. The Toddler-Preschooler Postoperative Pain Scale: An observational scale for measuring postoperative pain in children aged 1-5. Preliminary report. Pain. 1992; 50: 273-280.