
ESCALAS DE EVALUACIÓN DEL DOLOR EN GATOS



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VETERINARIOS

UNESP-Botucatu Multidimensional Composite Pain Scale para la evaluación del dolor postoperatorio en gatos.

INSTRUCCIONES DE USO.

La escala UNESP-Botucatu para la evaluación del dolor en gatos (UFEPS) tiene 10 categorías divididas a su vez en 3 subescalas:

1. Alteraciones psicomotoras (postura, confort, actividad, actitud, otros comportamientos)
2. Protección de un área con dolor (reacción a la palpación del área afectada, reacción a la palpación del abdomen o el flanco)
3. Variables psicológicas (presión sanguínea, apetito)

En la escala, la puntuación total va desde 0 (sin dolor) a 30 puntos (dolor máximo)

El dolor es clasificado como leve (0-8 puntos), moderado (9-21 puntos) o severo (20-30 puntos)

Decisión de administrar analgesia*	Puntuación máxima	Puntuación de corte para administrar analgesia
Escala completa	30	≥8
Subescala 1 - alteraciones psicomotoras	12	≥4
Subescala 2 - vocalización	12	≥3
Subescalas 1+2		≥7

*Independientemente de la puntuación, depende del veterinario decidir si usar o no analgésicos, en función de la evaluación clínica.

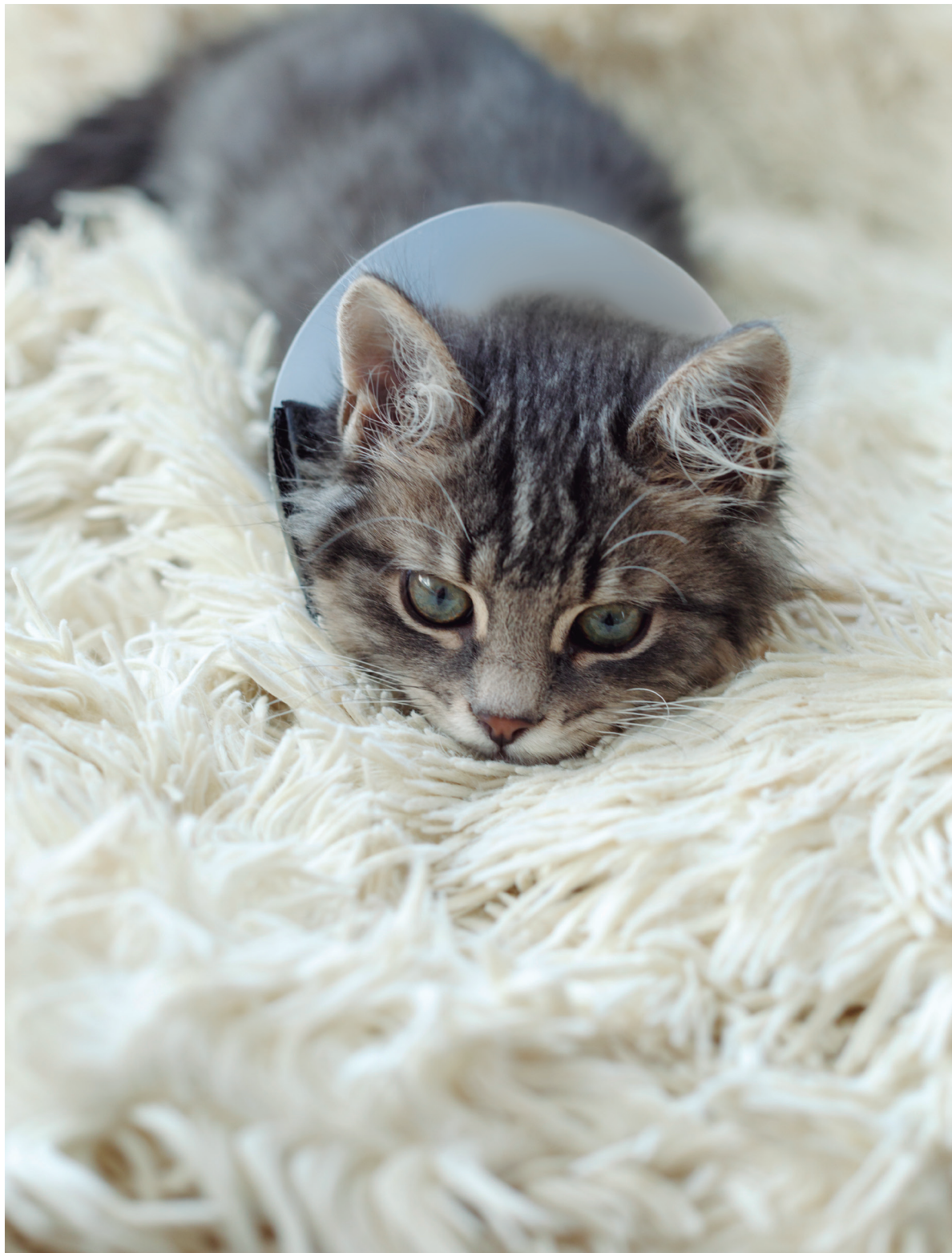
UNESP-Botucatu Multidimensional Composite Pain Scale for assessing postoperative pain in cats.

Subscale 1: PAIN EXPRESSION (0 – 12)		
Miscellaneous behaviors	Observe and mark the presence of the behaviors listed below	
	A - The cat is laying down and quiet, but moving its tail	A
	B - The cat contracts and extends its pelvic limbs and/or contracts its abdominal muscles (flank)	B
	C - The cats eyes are partially closed (eyes half closed)	C
	D - The cat licks and/or bites the surgical wound	D
	<ul style="list-style-type: none"> • All above behaviors are absent • Presence of one of the above behaviors • Presence of two of the above behaviors • Presence of three or all of the above behaviors 	0 1 2 3
Reaction to palpation of the surgical wound	• The cat does not react when the surgical wound is touched or pressed; or no change from pre-surgical response (if basal evaluation was made)	0
	• The cat does not react when the surgical wound is touched, but does react when it is pressed. It may vocalize and/or try to bite	1
	• The cat reacts when the surgical wound is touched and when pressed. It may vocalize and/or try to bite	2
	• The cat reacts when the observer approaches the surgical wound. It may vocalize and/or try to bite	3
	The cat does not allow palpation of the surgical wound	
Reaction to palpation of the abdomen/flank	• The cat does not react when the abdomen/flank is touched or pressed; or no change from pre-surgical response (if basal evaluation was made). The abdomen/flank is not tense	0
	• The cat does not react when the abdomen/flank is touched, but does react when it is pressed. The abdomen/flank is tense	1
	• The cat reacts when the abdomen/flank is touched and when pressed. The abdomen/flank is tense	2
	• The cat reacts when the observer approaches the abdomen/flank. It may vocalize and/or try to bite	3
	The cat does not allow palpation of the abdomen/flank	
Vocalization	• The cat is quiet, purring when stimulated, or miaows interacting with the observer, but does not growl, groan, or hiss	0
	• The cat purrs spontaneously (without being stimulated or handled by the observer)	1
	• The cat growls, howls, or hisses when handled by the observer (when its body position is changed by the observer)	2
	• The cat growls, howls, hisses spontaneously (without being stimulated or handled by the observer)	3

Subscale 2: PSYCHOMOTOR CHANGE (0 – 12)		
Posture	• The cat is in a natural posture with relaxed muscles (it moves normally)	0
	• The cat is in a natural posture but is tense (it moves little or is reluctant to move)	1
	• The cat is sitting or in sternal recumbency with its back arched and head down; or The cat is in dorso-lateral recumbency with its pelvic limbs extended or contracted	2
	• The cat frequently alters its body position in an attempt to find a comfortable posture	3
Comfort	• The cat is comfortable, awake or asleep, and interacts when stimulated (it interacts with the observer and/or is interested in its surroundings)	0
	• The cat is quiet and slightly receptive when stimulated (it interacts little with the observer and/or is not very interested in its surroundings)	1
	• The cat is quiet and “dissociated from the environment” (even when stimulated it does not interact with the observer and/or has no interest in its surroundings) The cat may be facing the back of the cage	2
	• The cat is uncomfortable, restless (frequently changes its body position), and slightly receptive when stimulated or “dissociated from the environment” The cat may be facing the back of the cage	3
Activity	• The cat moves normally (it immediately moves when the cage is opened; outside the cage it moves spontaneously when stimulated or handled)	0
	• The cat moves more than normal (inside the cage it moves continuously from side to side)	1
	• The cat is quieter than normal (it may hesitate to leave the cage and if removed from the cage tends to return, outside the cage it moves a little after stimulation or handling)	2
	• The cat is reluctant to move (it may hesitate to leave the cage and if removed from the cage tends to return, outside the cage it does not move even when stimulated or handled)	3
Attitude	Observe and mark the presence of the mental states listed below	
	A - Satisfied: The cat is alert and interested in its surroundings (explores its surroundings), friendly and interactive with the observer (plays and/or responds to stimuli) *The cat may initially interact with the observer through games to distract it from the pain. Carefully observe to distinguish between distraction and satisfaction games	A
	B - Uninterested: The cat does not interact with the observer (not interested by toys or plays a little; does not respond to calls or strokes from the observer) * In cats which don't like to play, evaluate interaction with the observer by its response to calls and strokes	B
	C - Indifferent: The cat is not interested in its surroundings (it is not curious; it does not explore its surroundings) * The cat can initially be afraid to explore its surroundings. The observer needs to handle the cat and encourage it to move itself (take it out of the cage and/or change its body position)	C
	D - Anxious: The cat is frightened (it tries to hide or escape) or nervous (demonstrating impatience and growling, howling, or hissing when stroked and/or handled)	D
	E - Aggressive: The cat is aggressive (tries to bite or scratch when stroked or handled)	E
	<ul style="list-style-type: none"> • Presence of the mental state A • Presence of one of the mental states B, C, D, or E • Presence of two of the mental states B, C, D, or E • Presence of three or all of the mental states B, C, D, or E 	0 1 2 3

Subscale 3: PHYSIOLOGICAL VARIABLES (0 – 6)		
Arterial blood pressure	• 0% to 15% above pre-surgery value	0
	• 16% to 29% above pre-surgery value	1
	• 30% to 45% above pre-surgery value	2
	• > 45% above pre-surgery value	3
Appetite	• The cat is eating normally	0
	• The cat is eating more than normal	1
	• The cat is eating less than normal	2
	• The cat is not interested in food	3
TOTAL SCORE (0 – 30)		
Directions for using the scale		
<p>Initially observe the cat's behavior without opening the cage. Observe whether it is resting or active; interested or uninterested in its surroundings; quiet or vocal. Check for the presence of specific behaviors (see "Miscellaneous behaviors" above).</p> <p>Open the cage and observe whether the cat quickly moves out or hesitates to leave the cage. Approach the cat and evaluate its reaction: friendly, aggressive, frightened, indifferent, or vocal. Touch the cat and interact with it, check whether it is receptive (if it likes to be stroked and/or is interested in playing). If the cat hesitates to leave the cage, encourage it to move through stimuli (call it by name and stroke it) and handling (change its body position and/or take it out of the cage). Observe when outside the cage, if the cat moves spontaneously, in a reserved manner, or is reluctant to move. Offer it palatable food and observe its response.*</p> <p>Finally, place the cat in lateral or sternal recumbency and measure its arterial blood pressure. Evaluate the cat's reaction when the abdomen/flank is initially touched (slide your fingers over the area) and in the sequence gently pressed (apply direct pressure over the area). Wait for a time, and do the same procedure to assess the cat's reaction to palpation of surgical wound.</p> <p>*To evaluate appetite during the immediate postoperative period, initially offer a small quantity of palatable food immediately after recovery from anesthesia. At this moment most cats eat normally independent of the presence or absence of pain. Wait a short while, offer food again, and observe the cat's reaction.</p>		





PROPIETARIOS DE MASCOTAS

Feline Musculoesketal Pain Index.

INSTRUCCIONES DE USO.

1. Las siguientes instrucciones se deben de leer al propietario cada vez que se use la escala:

“Este cuestionario le hace preguntas sobre la capacidad de su gato para realizar diversas actividades. Por favor, lea las preguntas y marque o rellene cuidadosamente el círculo correspondiente. Si la actividad no es aplicable, por ejemplo si no tiene escaleras en su casa, marque o rellene el círculo de la derecha”.

Se debe animar a los propietarios a responder a todas preguntas en cada evaluación, y sólo seleccionar “No aplicable” si la pregunta o actividad realmente no se aplica a su gato.

2. Una vez cumplimentado el cuestionario, el propietario deberá devolver el cuestionario al Veterinario.

3. Las puntuaciones del FMPI se calculan asignando un numero de 0 a 4 en cada pregunta de 1-17. Las marcadas con 0 (la opción situada más a la izquierda de la escala) corresponden a la opción menos afectada y 4 representa la opción más afectada (más a la derecha de la escala). Si se marca “No aplicable” no se asigna puntuación a esa pregunta. Por cada pregunta a la que se responda “No aplicable”, hay que reducir la puntuación total 4 puntos. Los siguientes formularios FMPI que se cumplimenten no deben incluir respuestas a ninguna pregunta que se marcara inicialmente como “No aplicable”. Las preguntas 18-21 se puntúan de forma que No = 0 y Sí = 1.

4. La puntuación total del FMPI es la suma de las puntuaciones de todas las preguntas. Las puntuaciones más altas indican un mayor grado de dolor, con un rango posible de 0-72.



NAME:

DATE:

FELINE MUSCULOSKELETAL PAIN INDEX

Please take some time to complete the following questions.

Please mark the circle that best describes your cat's ability to perform the following activities.

1. Walk and/or move easily?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

2. Run?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

3. Jump up (how well and how easily)?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

4. Jump up to kitchen-counter height in one try?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable



NAME:

DATE:

Please rate your cat's ability to:

5. Jump down (how well and how easily)?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

6. Climb up stairs or steps?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

7. Go down stairs or steps?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

8. Play with toys and/or chase objects?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

9. Play and interact with other pets?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable



NAME:

DATE:

Please rate your cat's ability to:

10. Get up from a resting position?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

11. Lie and/or sit down?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

12. Stretch?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

13. Groom himself or herself?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

14. Interact with you and family members?					
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

DATE:

15. Tolerate being touched and/or held?					
○	○	○	○	○	○
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

16. Eat?					
○	○	○	○	○	○
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

17. Use the litter box (get in and out, squat, cover waste?)					
○	○	○	○	○	○
Normal	Not quite normal	Somewhat worse than normal	Barely, or with great effort	Not at all	Don't know or not applicable

18. Please mark the point on the line that best describes your cat's pain over the past two weeks:

No pain
 Severe pain
☐ Don't know

19. Please mark the point on the line that best describes your cat's pain today:

No pain _____ Severe pain ☐ Don't know



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ANIMAL PAIN