

## Long-Term Care Survey Alert

### CLIP 'N' SAVE: Read The Sign Posts Of Pain

Otherwise, you may be posting a CMS 2567 with F309 tags.

Source: Provided courtesy of **Cheryl Boldt, RN**

#### Signs of Pain

Frowning  
Grimacing  
Fearful Expression  
Grinding Teeth  
Fidgeting  
Restlessness  
Striking Out  
Agitation  
Repeating Words  
Rocking  
Irritable  
Pleading Face  
Rubbing a Body Part  
Groaning  
Inflexible Position  
Wandering  
Eating Poorly  
Sleeping Poorly  
Change in Behavior  
Decreased Participation in ADLs  
Whimpering  
Moaning  
Guarding  
Crying  
Bracing