

# BEAP Pain Scale for Cats

Many signs of chronic pain are non-specific.

Make sure to see your vet to rule out other diseases as a cause of these signs.



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Pain Level	Illustration	Signs and Symptoms
<b>0</b> No pain		<ul style="list-style-type: none"><li><input type="checkbox"/> <b>B:</b> Breathing normally</li><li><input type="checkbox"/> <b>E:</b> Eyes bright and alert</li><li><input type="checkbox"/> <b>A:</b> Walks normally and remains agile</li><li><input type="checkbox"/> <b>A:</b> Engages in play and all normal activities</li><li><input type="checkbox"/> <b>A:</b> Eating and drinking normally</li><li><input type="checkbox"/> <b>A:</b> Happy and content; interested in surroundings; playful behavior; seeks attention</li><li><input type="checkbox"/> <b>P:</b> Comfortable at rest and during play; perky ears; upright, alert tail; whiskers relaxed</li><li><input type="checkbox"/> <b>P:</b> Enjoys being touched, petted and brushed; no body tension present</li></ul>
<b>1-2</b> Mild pain <i>Speak to your vet during your next visit</i>		<ul style="list-style-type: none"><li><input type="checkbox"/> <b>B:</b> Breathing normally</li><li><input type="checkbox"/> <b>E:</b> Eyes bright and alert</li><li><input type="checkbox"/> <b>A:</b> Slightly more hesitant to jump onto very high places such as countertops but still able to easily jump onto couch or bed</li><li><input type="checkbox"/> <b>A:</b> May show only subtle change in normal activity and behaviors</li><li><input type="checkbox"/> <b>A:</b> Eating and drinking normally</li><li><input type="checkbox"/> <b>A:</b> Will often still remain happy and interested in surroundings</li><li><input type="checkbox"/> <b>P:</b> Tail may be down just a little more; ears up; whiskers generally appear relaxed</li><li><input type="checkbox"/> <b>P:</b> Enjoys being touched, petted and brushed; no body tension present</li></ul>
<b>3-4</b> Moderate pain <i>See your vet to assess pain</i>		<ul style="list-style-type: none"><li><input type="checkbox"/> <b>B:</b> Breathing generally normal but may be at slightly increased rate</li><li><input type="checkbox"/> <b>E:</b> Eyes may be slightly duller in appearance; eyes may be held partially closed</li><li><input type="checkbox"/> <b>A:</b> Hesitant to jump to higher places; may also not jump onto lower places, such as couch or bed</li><li><input type="checkbox"/> <b>A:</b> Not eager to interact but still in tune with surroundings; changes in normal routine; may hide; decreased grooming</li><li><input type="checkbox"/> <b>A:</b> Appetite more finicky, such as wanting only treats or "junk" food such as canned food</li><li><input type="checkbox"/> <b>A:</b> Generally more subdued and quiet</li><li><input type="checkbox"/> <b>P:</b> Difficulty posturing to eliminate or cover waste; subtle changes in posture; tail held low and ears more flattened, whiskers slightly down</li><li><input type="checkbox"/> <b>P:</b> Does not mind touch except on painful area; turns head to look where touched; mild body tension</li></ul>
<b>5-6</b> Moderate to severe pain <i>CONCERNING! See your vet</i>		<ul style="list-style-type: none"><li><input type="checkbox"/> <b>B:</b> Breathing rate and effort may be increased</li><li><input type="checkbox"/> <b>E:</b> Dull eyes; eyes may remain partially or fully closed; pupils may be more dilated</li><li><input type="checkbox"/> <b>A:</b> Moves more slowly or gingerly; no longer jumps up onto couch or bed; difficulty on stairs</li><li><input type="checkbox"/> <b>A:</b> Withdraws from family and other pets; seeks solitude; decreased grooming; may excessively lick painful area; may have "accidents" outside the litter box</li><li><input type="checkbox"/> <b>A:</b> Will frequently lose appetite</li><li><input type="checkbox"/> <b>A:</b> Very subdued and quiet; increased facial tension; decreased enjoyment of being brushed</li><li><input type="checkbox"/> <b>P:</b> "Meatloaf" position; whiskers move forward slightly from face; rough or fluffed up fur; difficulty posturing to eliminate or cover waste fully</li><li><input type="checkbox"/> <b>P:</b> Pulls away painful area or tries to escape; moderate body tension when being touched</li></ul>
<b>7-8</b> Severe pain <i>VERY CONCERNING! See your vet</i>		<ul style="list-style-type: none"><li><input type="checkbox"/> <b>B:</b> Faster breathing rate with more noticeable effort</li><li><input type="checkbox"/> <b>E:</b> Dull eyes; generally remain partially or fully closed; may have distressed look; pupils dilated</li><li><input type="checkbox"/> <b>A:</b> Unlikely to move if left alone</li><li><input type="checkbox"/> <b>A:</b> Avoids all interaction; will "go off" and hide, often in new places; stops grooming; frequently licks or chews at painful area, sometimes to the point of fur loss</li><li><input type="checkbox"/> <b>A:</b> Loss of appetite; may not want to drink</li><li><input type="checkbox"/> <b>A:</b> Reclusive; agitated; potentially aggressive; tail flicking; may be growling or hissing</li><li><input type="checkbox"/> <b>P:</b> Tail held close, ears flattened or pinned back, whiskers move forward and tend to bunch; "grimace face"; flattened posture</li><li><input type="checkbox"/> <b>P:</b> Significant body tension when painful area touched; may growl or hiss in pain; guards painful area by pulling away or trying to escape</li></ul>
<b>9-10</b> Worst pain possible <i>EMERGENCY! See your vet</i>		<ul style="list-style-type: none"><li><input type="checkbox"/> <b>B:</b> Increased breathing rate and effort; may have periods of open-mouthed breathing or panting</li><li><input type="checkbox"/> <b>E:</b> Dull, closed eyes; eyes may also widen with a look of panic; pupils dilated</li><li><input type="checkbox"/> <b>A:</b> Unable or unwilling to walk</li><li><input type="checkbox"/> <b>A:</b> Difficulty in being distracted from pain, even with gentle touch or soothing voice; may bite or chew painful area; may eliminate where lying</li><li><input type="checkbox"/> <b>A:</b> No interest in food or water</li><li><input type="checkbox"/> <b>A:</b> Extremely depressed or minimally responsive ("flat out"); quiet, growling or hissing; distressed</li><li><input type="checkbox"/> <b>P:</b> Lying on side; tail may appear "fluffed"</li><li><input type="checkbox"/> <b>P:</b> Rigid body tension when touched; will not tolerate touch of painful area; hissing when other areas that are not painful are touched</li></ul>

## Specific behaviors or physical changes I see:

Breathing:	_____	Appetite:	_____
Eyes:	_____	Attitude:	_____
Ambulation:	_____	Posture:	_____
Activity:	_____	Palpation:	_____