

BEAP Pain Scale for Cats

Many signs of chronic pain are non-specific. Please see your family vet to rule out other possible causes of these symptoms.









	0	1	2	3	4	5	Score
“B” is for Breathing	Breathes normally		Breathes normally, possibly at increased rate	Breathing rate and effort may be increased	Faster breathing rate with more noticeable effort	Increased breathing rate and effort; may have periods of open-mouthed breathing or panting	_____
“E” is for Eyes	Eyes bright and alert		Eyes may appear slightly duller, may be partly closed	Eyes dull, may remain partially or fully closed; pupils may be more dilated	Eyes dull and may remain partly or fully closed; pupils dilated; may appear distressed	Dull, closed eyes; eyes may also widen with a look of panic; pupils dilated	_____
“A” is for Ambulation	Walks normally and remains agile	Slightly more hesitant to jump onto high places like countertops, but still able to easily jump onto couch or bed	Hesitant to jump on both high (countertops) and lower (bed, couch) surfaces	Moves more slowly or gingerly; no longer jumps onto couch or bed; difficulty on stairs	Unlikely to move if left alone	Unable or unwilling to walk	_____
“A” is for Activity	Engages in play and all normal activities	May show subtle change in normal activity and behaviors	Not eager to interact but still in tune with surroundings; changes in normal routine; may hide; decreased grooming	Withdraws from family and other pets; seeks solitude; decreased grooming; may excessively lick painful area; may have “accidents” outside the litter box	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	Difficult to distract from pain, even with gentle touch or soothing voice; may bite or chew painful area; may eliminate where lying	_____
“A” is for Appetite	Eats and drinks as normal		Appetite more finicky, such as wanting only treats or “junk” food such as canned food	Frequently loses appetite	Loss of appetite; may not want to drink	No interest in food or water	_____

“A” is for Attitude	Happy and content; interested in surroundings; playful behavior; seeks attention	Generally remains happy and interested in surroundings	Generally more subdued and quieter	Very subdued and quiet; increased facial tension; decreased enjoyment of being brushed	Reclusive; agitated; potentially aggressive; tail flicking; may growl or hiss	Extremely depressed or minimally responsive; “flat out”; quiet, growling, or hissing; distressed	_____
“P” is for Posture	Comfortable at rest and during play; perky ears; upright, alert tail; whiskers relaxed	Tail may be down more often; ears up; whiskers generally relaxed	Difficulty posturing to eliminate or cover waste; subtle changes in posture; tail held low and ears more flattened, whiskers slightly down	“Meatloaf” position; whiskers move forward slightly from face; rough or fluffed up fur; difficulty posturing to eliminate or cover waste fully	Tail held close, ears flattened or pinned back, whiskers move forward and tend to bunch; “grimace face”; flattened posture	Lying on side; tail may appear “fluffed”	_____
“P” is for Palpation	Enjoys being touched, petted and brushed; no body tension present		Does not mind touch except on painful area; turns head to look where touched; mild body tension	Guards painful area or tries to escape; moderate body tension when being touched	Significant body tension when painful area touched; may growl or hiss in pain; guards painful area by pulling away or trying to escape	Rigid body tension when touched; will not tolerate touch of painful area; hissing when non-painful areas are touched	_____

Total: _____ / 8 = _____ **Pain Score**

Total: _____

<p>0 No Pain</p> 	<p>1 Mild Pain</p>  <p>Speak with your vet during your next regular visit.</p>	<p>2 Moderate Pain</p>  <p>See your vet to assess pain.</p>	<p>3 Moderate to Severe Pain</p>  <p>CONCERNING, see your vet.</p>	<p>4 Severe Pain</p>  <p>VERY CONCERNING, see your vet.</p>	<p>5 Worst Pain Possible</p>  <p>EMERGENCY, see your vet immediately.</p>
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