

**Neonatal Infant Pain Scale  
(NIPS)  
Ages Birth - One Year**

The Neonatal Infant Pain Scale (NIPS) is a behavioral scale and can be utilized with both full-term and pre-term infants. The tool was adapted from the CHEOPS scale and uses the behaviors that nurses have described as being indicative of infant pain or distress. It is composed of six (6) indicators.

- facial expression
- cry
- breathing patterns
- arms
- legs
- state of arousal

Each behavioral indicator is scored with 0 or 1 except "cry", which has three possible descriptors therefore, being scored with a 0, 1 or 2. See the NIPS scale for the description of infant behavior in each indicator group. Infants should be observed for one minute in order to fully assess each indicator.

Total pain scores range from 0-7. The suggested interventions based upon the infant's level of pain are listed below. The difficulty with any tool that is not self-report is the ability to differentiate between pain and agitation, however, the non-pharmacological intervention may help differentiate between these two (i.e. changing the wet diaper, feeding the infant, repositioning, etc.).

<b>Pain Level</b>	<b>Intervention</b>
0-2 = mild to no pain	None
3-4 = mild to moderate pain	Non-pharmacological intervention with a reassessment in 30 minutes
>4 = severe pain	Non-pharmacological intervention and possibly a pharmacological intervention with reassessment in 30 minutes