

Behaviors Suggestive of Pain or Discomfort in Non-verbal Adults (Negative Indicators for Touch)

Category	Behavior
Facial Expressions	Rapid blinking, frightened expression, distorted expressions, scowling, clenched teeth, skin around eyes tightening, upper-lip raising, nose wrinkling, eye narrowing or closing tightly
Verbalizations & Vocalization	Calling out for help, gasping, screaming, swearing, crying, moaning, sighing, praying, “stop,” “Ouch,” “Go away”
Body Movements	Altered gait/limping, rubbing a body area, tense tone/rigidity, decreased movement, guarding, pacing, rocking, fidgeting, repetitive movements, holding on tightly to furniture/equipment, drawing legs up, rapid heartbeat, rapid breathing, picking at bedcovers, unable to be still
Interpersonal Interactions	Resisting personal care, aggression, withdrawal/isolation, turning/pulling away from the touch

Positive Indicators for Touch in Non-verbal Adults (opening/releasing)

Sighing, breath deepening, mouth opening, forehead relaxing, breath slowing, face/body relaxing, hands opening, drooling, passing gas, tearing, urinating