**BEAP Pain Scale for Cats**

Many signs of chronic pain are non-specific. Make sure to see your vet to rule out other disease as a cause of these signs.

### 0 - No Pain
- □ B: Breathing normally
- □ E: Eyes bright and alert
- □ A: Walks normally and remains agile
- □ A: Engages in play and all normal activities

### 1-2 - Mild Pain
- □ B: Breathing normally
- □ E: Eyes bright and alert
- □ A: Slightly more hesitant to jump onto very high places such as counter tops but still able to easily jump onto couch or bed
- □ A: May show only subtle change in normal activity and behaviors

### 3-4 - Moderate Pain
- □ B: Breathing generally normal but may be at slightly increased rate
- □ E: Eyes may be slightly more dull in appearance; eyes may be held partially closed
- □ A: Hesitant to jump to higher places; may also not jump onto lower places, such as couch or bed
- □ A: Not eager to interact but still in tune with surroundings; changes in normal routine; may hide; decreased grooming

### 5-6 - Moderate to Severe Pain
- □ B: Breathing rate and effort may be increased
- □ E: Dull eyes; eyes may remain partially or fully closed; pupils may be more dilated
- □ A: Moves more slowly or gingerly; no longer jumps up onto couch or bed; difficulty on stairs
- □ A: Withdraws from family and other pets; seeks solitude; decreased grooming; may excessively lick painful area; may have “accidents” outside the litter box

### 7-8 - Severe Pain
- □ B: Faster breathing rate with more noticeable effort
- □ E: Dull eyes; generally remain partially or fully closed; may have distressed look; pupils dilated
- □ A: Unlikely to move if left alone
- □ A: 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

### 9-10 - Worst Pain Possible
- □ B: Increased breathing rate and effort; may have periods of open-mouthed breathing or panting
- □ E: Dull, closed eyes; eyes may also widen with a look of panic; pupils dilated
- □ A: Unable or unwilling to walk
- □ A: Difficulty in being distracted from pain, even with gentle touch or soothing voice; may bite or chew painful area; may eliminate where lying

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**Specific behaviors or physical changes I see:**

- Breathing: ____________________________________________
- Eyes: ________________________________________________
- Ambulation: __________________________________________
- Activity: _____________________________________________
- Appetite: _____________________________________________
- Attitude: _____________________________________________
- Posture: ______________________________________________
- Palpation: ____________________________________________

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