

Richmond Agitation-Sedation Scale (RASS)

The Richmond Agitation-Sedation Scale (RASS) is an instrument in which the presence and extent of agitation, ranging from combative to calm, as well as the level of consciousness, ranging from alert to comatose, can be evaluated quickly and reliably in 3 easy steps. Occurring first is a baseline observation, a response to verbal stimulation, and then a response to physical stimulation. These steps result in a single digit score with positive and negative values ranging from a low of -5 (comatose) to a high of +5 (combative). Use of RASS can guide sedative therapy, identify patients at risk for self-injury from agitation, and identify excessive sedation, among other used applications.

RASS has been widely used and published for research purposes, as well as been translated into numerous other languages. It is designed specifically to be accurate and reliable with emphasis on ease of use and recall. The specific criteria and pattern of testing was designed to be more definitive with multiple well discriminated levels of sedation and agitation in comparison to other instruments.

Richmond Agitation-Sedation Scale (RASS)		
Score	Term	Description
+4	Combative	Overtly combative, violent, immediate danger to staff
+3	Very agitated	Pulls or removes tube(s) or catheter(s), aggressive
+2	Agitated	Frequent nonpurposeful movement, fights ventilator
+1	Restless	Anxious but movements not aggressively vigorous
0	Alert and calm	
-1	Drowsy	Not fully alert but has sustained awakening (eye opening/eye contact) to <i>voice</i> (≥ 10 seconds)
-2	Light sedation	Briefly awakens to <i>voice</i> with eye contact (< 10 seconds)
-3	Moderate sedation	Movement or eye opening to <i>voice</i> (but no eye contact)
-4	Deep sedation	No response to <i>voice</i> but movement or eye opening to <i>physical</i> stimulation
-5	Unarousable	No response to <i>voice</i> or <i>physical</i> stimulation

} Verbal Stimulation
} Physical Stimulation

Benefits

- » Accurate and reliable
- » Easy to use and recall
- » High rate of psychometric properties
- » Multiple well-discriminated levels

Applications

- » Patient agitation-sedation assessment
- » Psychometric assessment of patients

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Category:

Biomedical

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Completed validity and inter-rater reliability yielding positive results.

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