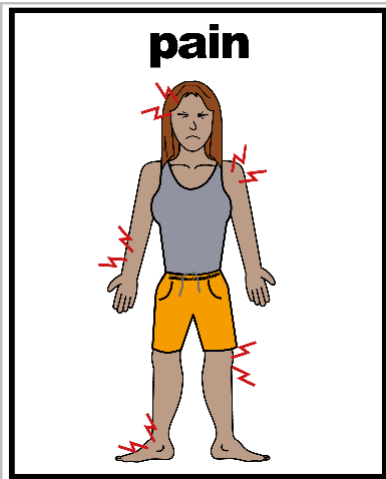




## Pain Communication Toolkit



# Let me Tell You About my Pain



Name:

### To the Health Professional:

I use this **Pain communication toolkit** to tell you about my pain

It will help me to tell you **where**,  
**what it feels like** and how **bad** the pain is

Please use this to support your assessment of my pain.

I have chosen the body map and pain scale pictures  
because I understand them.

## What I do or how I look when I'm distressed

Use this box to **describe** how you might act or look when you are distressed, this might happen:

- when noises are too loud,
  - when places are too busy,
  - when you become upset about something that has or has not happened.
- 

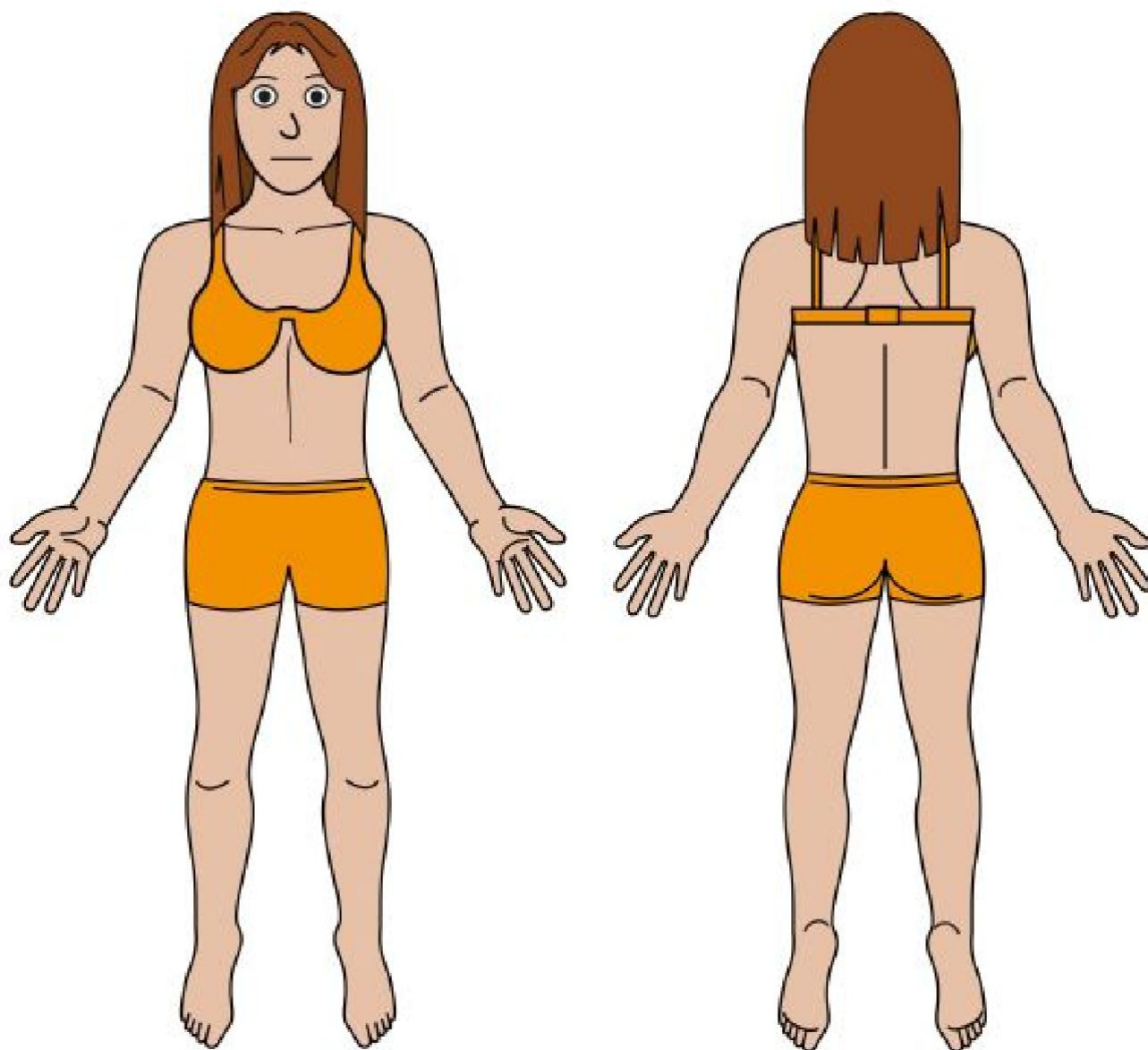
## What I do or how I Look when I'm in pain

Use this box to describe how you might act or look when you are in pain  
You might look different when you are:

- In a little pain
  - Or in a lot of pain.
  - You can use this box to describe the differences if you know them.
-

I use **this body map** so I can tell you where my pain is

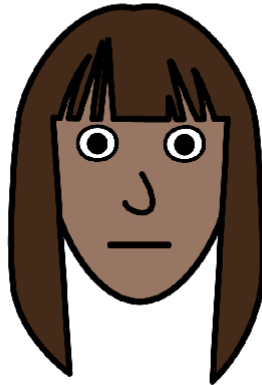
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I use **this pain scale** to tell you how much it hurts

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**no pain**



**some pain**



**lots of pain**



I use **these pictures** to tell to you how my pain feels,  
so I can get the right help

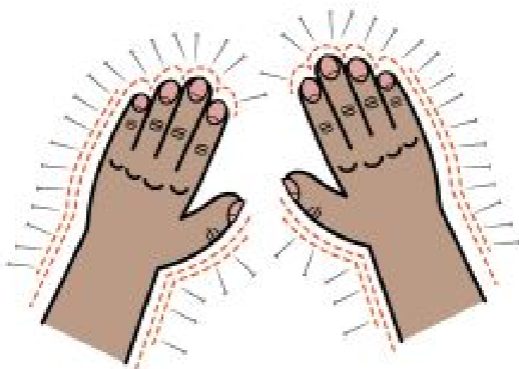
**feeling hot**



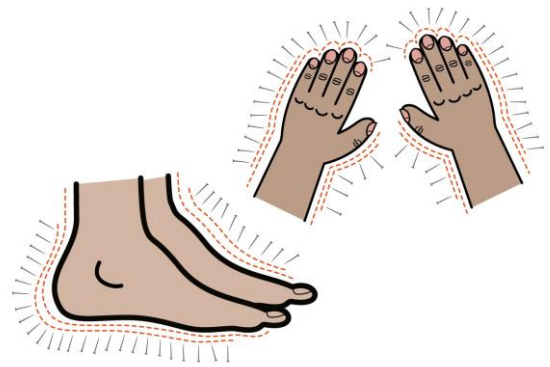
**cold**



**pins and  
needles**



**pins and needles**



**pulsing throbbing  
beating**



**tingly nettle**



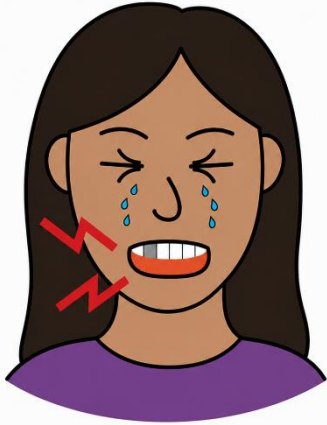
**shock**



**earache**



**toothache**



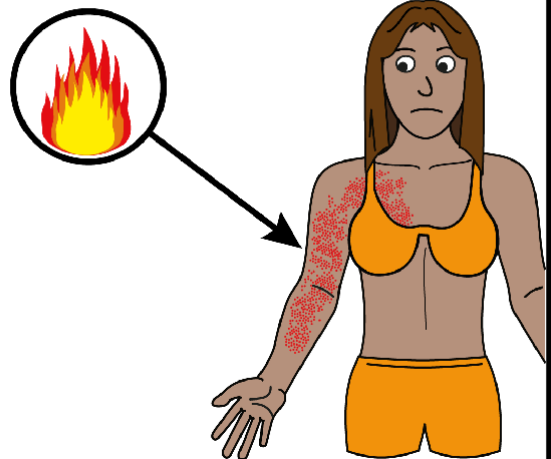
**pain**



**sick feeling**



**burning rash**



**tired**



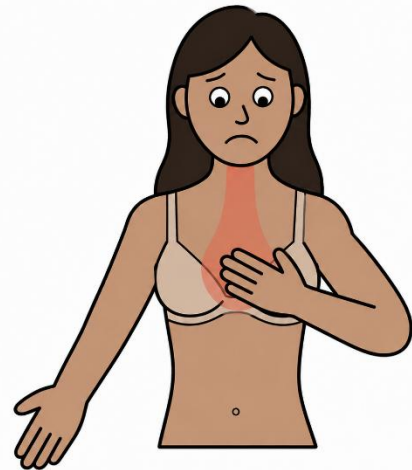
**aching**



**sweating**



**heartburn**



# The Equality Act (2010) - Reasonable Adjustments – Care Plan



A reasonable adjustment is a small change your Doctor can make, to make your health appointment easier for you.

Below are examples of reasonable adjustments. You can get help to write down what you need in the blank section at the end of this document.

You can ask for these reasonable adjustments to be available for you at your health appointment.

Reasonable Adjustment	How you can help me	Yes ✓	No ✗	Comments
	I need easy read documents.	<input type="checkbox"/>	<input type="checkbox"/>	
	I need information in Braille	<input type="checkbox"/>	<input type="checkbox"/>	
	I need information in large print.	<input type="checkbox"/>	<input type="checkbox"/>	
	I need information in another language – if so what language?	<input type="checkbox"/>	<input type="checkbox"/>	
	I use a wheelchair and will need a hoist if I need a physical examination. I may need a home visit.	<input type="checkbox"/>	<input type="checkbox"/>	
	I find it difficult to wait in the doctors for my appointment, as it may make me anxious. I may need to wait outside until you are ready to see me.	<input type="checkbox"/>	<input type="checkbox"/>	



I get very nervous at appointments and need my carer to help me understand what is happening.



I may need to visit the surgery before my appointment to feel comfortable in the environment.

I need a longer appointment.

I need time to process information and answer questions.



Bright lights or loud noises may affect me.

My carer will support you to understand my needs.



Other reasonable adjustments?

Name:

Date of birth:

**Health Organisation – please log these reasonable adjustments on your patient alert system**



## Pain Management – Intervention Monitoring

Name:

NHS Number:

Interventions for Pain Management may include non-pharmacological (medication) options.  
Please document for any intervention tried, this may include bathing, warm wheat bags, massages etc.

Date / Time	Pre-intervention		Intervention	Date / Time	Post- intervention		Pain location and Pain Type
	Thermometer picture	Behaviour			Thermometer picture	Behaviour	
12/02/2020 10.30am	Thumbs down Pain bad, Red	Pacing, raised voice	2 x 500 mg paracetamol	12/02/2020 11.15am	Thumbs straight okay - Orange	Raised voice, but no longer pacing	Left Calf/ Lower leg throbbing

# Comments / Notes

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# Comments / Notes

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This resource has been developed by Michelle Evans, RNLD at the Health Facilitation Team Leeds and York Partnership Foundation Trust (LYPFT), co-produced with the service user team at Your Health Matters Involvement team (LYPFT), support from colleagues Lucy Keane, LYPFT and Jasmine Jones, Leeds Community Healthcare Trust (LCH), Jane Chatterjee, St Gemma's Hospice, Leeds. With all graphics produced by Dean Milner-Bell, Accessible Information Designer at easy on the i, (LYPFT).

Leeds and York Partnership **NHS**

NHS Foundation Trust

