

Show me where?

Pain Assessment Tools

USER GUIDE



What is Show Me Where?

Show Me Where helps people convey the location and nature of pain. Suitable for adults or children who have communication difficulties or do not speak English. Originally created by a school nurse at The Hollies Special School in Cardiff. It has helped many people communicate pain and discomfort and reduced anxieties about examinations.

Suitable for settings such as:

- Schools
- GP or dental surgeries
- Hospitals
- Care homes
- Police or armed forces
- Social services
- Emergency services

Communicate with many people:

- Autism (ASD)
- Stroke
- Dementia
- Disabilities
- Hearing or speech problems
- Intubated or tracheostomy
- Trauma or anxiety
- Non-English speakers



Using Show Me Where (Adult & Child fan tools)

1. Show the tool to the person and explain that it will help you to understand the location and nature of any pain they are feeling
2. Discuss how they will indicate agreement – by pointing, blinking, smiling, moving their hand or in some other way.
3. Turn to the “Yes/No” fan blade. Ask if they are in pain by covering each of these separately.
4. If “Yes” is indicated, show each body part image in turn to identify location of pain. Note which areas they indicate agreement to.
5. Check that you have identified the right area using the “Yes/No”
6. Use the images to explain where you want to examine them.
7. Use “Yes/No” to gain consent for examination.
8. Wipe clean or sterilise as required.

Use regularly to familiarise people with this way of communicating and reduce their anxieties around examinations.

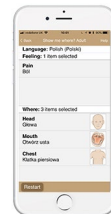
Using Show Me Where (Blank fan tools)

1. Personalise each fan blade with words which will help the individual express needs such as, *I am diabetic, I need to use the toilet, I would like a drink.*
2. Write these in the person’s own language and in English if they do not speak English. This will help them to communicate.
3. The person can carry the tool with them to make sure they can communicate wherever they go.

Also Available: Multilingual Digital Apps

Feature the same body images as the fan tools, plus descriptive symptoms such as faint, tingling, sick, with text and audio descriptions in 7 languages:

- English
- Welsh
- Polish
- Urdu
- Bengali
- Arabic
- Somali



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