Health Care Communication Board

Instructions: Always begin patient visits with a phone interpreter to address initial needs and questions and to review the use of the Communication Board, including how to request an interpreter. Patients and staff can point to the picture to request wants and needs. This communication tool should not be used in place of an interpreter.

Pain Scale

<table>
<thead>
<tr>
<th>Level of pain</th>
<th>10</th>
<th>9</th>
<th>8</th>
<th>7</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
</table>

Health care

- pulse
- blood pressure
- temperature
- x-ray
- wound care
- how long

I want

- pain medicine
- phone interpreter
- doctor
- nurse
- family

Continued on back
### I am
- short of breath
- in pain
- choking
- feeling sick
- hot
- cold
- dizzy
- headache
- itching
- tired
- angry
- afraid
- sad
- hungry
- thirsty

### I want
- water
- ice
- tv remote
- pillow
- blanket
- to sit up
- to lie down
- to turn left/right
- head of bed up/down
- lights off
- on
- walker
- cane
- wheelchair
- cool cloth
- quiet
- look at IV
- bathroom
- pen/paper

### Actions
- No
- Yes
- Stop
- Question
- Don’t touch

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