



Pain

See



Not wanting to be moved or moving a lot

Crying

Mood swings

Saying they have pain

Groaning noises

Worried face

Frowning

Do



Refer to plan of care



Connect – listen, reassure



Change position



Apply heat or cold pack with care



Massage



Distract – read to them, listen to music




Let carers/family know
Tell manager/supervisor

Other things: _____

Say



 Report pain that is not getting better to your manager/supervisor.

Write



Write notes about what you see, what you do and what you talk about with the person, carers/family and your team.