



Help with pain

You could see or hear



Not wanting to be moved or moving a lot

Crying

Mood swings

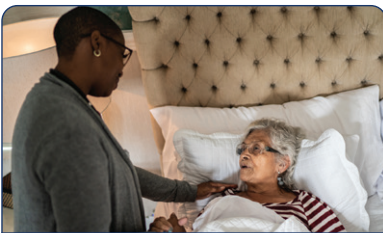
Saying they have pain

Groaning noises

Worried face

Frowning

You could do



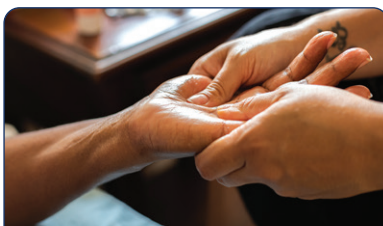
Connect – listen, reassure



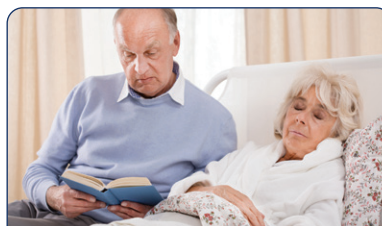
Change position



Apply heat or cold pack with care



Massage



Distract – read to them, listen to music



Give medicine as prescribed

Other things

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If you need help



Service name:

T: