

## AD – PODD Book Use to Manage Pain

In the past A has found it tricky to communicate using her PODD book to ask for a change of position or to tell people when she is very uncomfortable.

She was unable to relate where the pain was and to be clear and specific with her answering with a helper who she knows well, and often she would just sit and cry.

We have worked with A to use the pain scale alongside her PODD book to chat about her emotions, feeling and the site of the pain. The pain scales are used in group sessions and one to ones.

It is readily available in class so it can be seen for all students to eye point or reach for it.



## Overall Impact

A is now able to chat to a range of people, even if she is in severe pain and can use the pain chart alongside her PODD book to be clear and precise to tell us where the pain is and what kind of pain it is.

She can now help us so we can support her with managing her pain – meaning it is quicker to resolve and we are more confident we can attend to her needs.

