

Your Communication Menu

Here is a tool to help you talk to staff and family. The back page also has space for you to write notes.

Please

Yes

Maybe

No

Thank you

A B C D E F G H I
J K L M N O P Q
R S T U V W X Y Z

1 2 3 4 5 6 7 8 9 0

Who What When Where Why How

Rate your pain:

Wong-Baker FACES® Pain Rating Scale



0

No Hurt



2

Hurts Little Bit



4

Hurts Little More



6

Hurts Even More



8

Hurts Whole Lot



10

Hurts Worst

I want ...

I need ...

I feel ...

Get in / Get out of bed or chair

Help me Move / Turn

I need a Rest / a Break



Help

Clean

Stoma

Suction

Trach

Hot

Warm

Cold

**Fever Chills Dizzy Nausea
Cough Trouble breathing Pain Headache
Diarrhea Constipation
Fatigue Sleepy Can't sleep**

**Worried Happy Confused Concerned Upset
Calm Sad Scared Angry Frustrated**

Doctor

Therapist

Nurse

Family



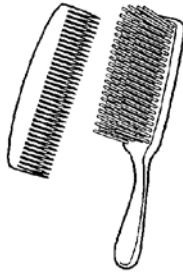
Like it



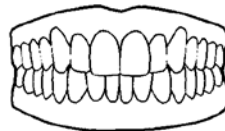
Don't like it



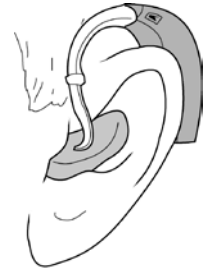
Toothbrush / Toothpaste



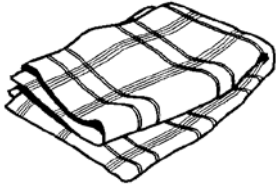
Comb / Brush



Dentures



Hearing Aid



Blanket



Pillow



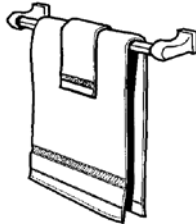
Eyeglasses



Contact Lens



Slippers, Socks, Shoes



Washcloth / Towel



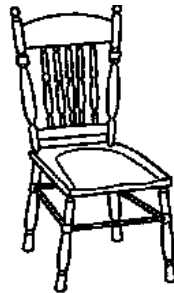
Tissues



Medications



Bed



Chair



Telephone



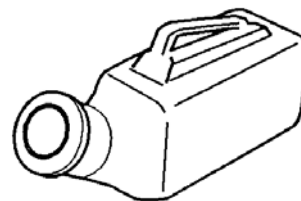
Television



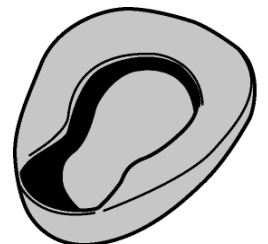
Nurse Call Light



Toilet / Bathroom



Urinal



Bedpan

Notepad