Introductions

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What is SHOW ME WHERE? (SMW)
Show me where was designed to enable patients who cannot communicate with speech or by pointing, to indicate where they feel pain or discomfort by choosing the site of pain, from a list of body images.

HOW TO USE
SMW is simple to use. The tool is presented on a regular basis, reassuring the patient that they can report pain when it occurs. If they indicate ‘yes’ a range of body images are shown until the patient indicates the site of pain. Carers and nursing assistants can triage using the fan tool, freeing medical staff on busy wards.

Useful for the following patient groups.

- Stroke
- Autism (ASD)
- Non English speaking patients, such as asylum seekers
- Elderly and those with Dementia
- Disabilities affecting speech. E.g. Cerebral Palsy
- Deafness and hearing problems
- Intubated or tracheostomy patients
- Also useful as a quick assessment tool for paramedics or to treat any child or adult suffering from Trauma or anxiety.

DEVELOPMENT
Show me where was originally developed for the needs of autistic pupils at The Hollies school in Cardiff.

As the school nurse, Irene had noticed that some pupils ignored pain until their behavior became challenging. Some of these children, preferred not to draw attention to themselves and would also avoid eye contact and physical contact* all of which made examining and finding the site of pain in this group of children very difficult indeed.

Show me where was designed to address these problems. Children were taught to indicate pain by selecting the relevant picture from a list of different body parts. By referring to themselves in the third person and avoiding eye and physical contact SMW had a calming effect allowing the autistic child to feel in control and less anxious.
Case study: School nurse at the Hollies.
Taking blood from some autistic child is very difficult, they may need to be restrained making the procedure traumatic for both child and practitioner. So it is important to explain medical procedures beforehand, in a way in which the child can understand.

Using the symbols of SMW a 4 year old child at school was shown the lower arm symbol to persuade him to remove his jacket, he was then shown the ‘OUCH’ and plaster symbols and the finally the ‘OK’ symbol to finish. The school nurse was then able to successfully take blood from the child.

RESEARCH
Examining children from The Hollies became easier as the children became more familiar with SMW. Dr Rachel Brooks a Paediatrician from Cardiff had found during research that many autistic children were reported in hospital notes as ‘unable to examine’. She commissioned a small study to compare the examination of children at The Hollies who used SMW regularly with Ashgrove School who didn’t use SMW. All of the Hollies children in the study allowed themselves to be examined with the aid of SMW whereas those at Ashgrove school who were examined without the tool showed greater anxiety with very few successful examinations. **

Dr Sian Moynihan, Consultant Paediatrician at St David's Hospital says “I use the ‘Show me where’ tool regularly and I incorporate it in any training I deliver to trainees and in new doctor induction. It’s a fantastic tool I wouldn’t run a neurodevelopmental clinic without it where we see lots of Children with ASD It can make the difference between being able to have total compliance with an examination and not being able to examine a child at all”.

PRODUCTS

Wall chart - £20.00
The tool was first produced as a magnetic wall chart and installed in all classrooms at The Hollies, parents were also able to purchase for continuity of care at home. But magnetic print is expensive to produce and the small magnetic pieces could be lost.

App - £4.99
As a cheaper alternative to the chart an App for the iPad and android tablet was produced as many autistic children enjoy using electronic devices. Despite keeping the App price low the cost of the tablets were expensive for many parents and hospitals to purchase.

Fan - £7.99
So back to the drawing board…and the fan tool was found to be the ideal solution. Made from cleanable polypropylene, the fan can be sterilised, it’s lightweight and easy to attach to staff uniforms or bedside.

Blank fan Price £1.50
A low-tech solution to provide patients with a basic communication with staff.
ENDORSED BY

SMW is now available as a fan tool for both Adults and Children.

It has been endorsed by The Pain Management Team at Cardiff and Vale UHB and used throughout all clinical areas in the UHB in conjunction with the 'Pain Assessment and Management Toolkit for Adult Patients with Communication Difficulties'.

Even though it has only been available for a few weeks it has been particularly useful for Intubated or tracheostomy patients.

Case study - Intensive Care Unit
A young man admitted to Intensive Care after a road traffic accident, suffering from paralysis and multiple injuries, he could only raise a thumb to gesture.

Despite intravenous morphine, he was still indicating pain. The Show me where fan was presented to the patient, who indicated the open mouth symbol with his thumb, staff realised that his throat was painful presumably after intubation. He was then given oral morphine for pain relief. Later, using the tool again, he indicated pain at the back of his head, staff found dry matted blood and washed his hair to relieve his discomfort.

In these examples SMW allowed a degree of comfort and communication for the non-verbal patient, which would have been difficult to achieve without.

TRIALLING the fan tool
As well as Cardiff and Vale UHB, 22 special needs schools in Wales and Ty Hafan hospice who are currently using Show me where.

We also have an interest from the following groups who are trialing the fan tool.

- Welsh Ambulance Service who are very keen to use it throughout Wales and think it may be a solution to a government initiative to provide communication for non-English speaking patients.

- British Army – who have approached us as they think the fan tool may be a low tech solution for for aid agencies dealing with traumatised local people.

- South Wales Police and Thames Valley Police, Abuse Unit who think it will be useful as an aid for interviewing children and vulnerable adults.

- Brian Jenkins, Consultant Anaesthetist at Cardiff and Vale UHB, who is using the fan tool with elderly patients in Intensive care.
CARE HOME environments
Using SMW can be useful for dementia patients who are losing their language skills. Familiarizing patients regularly with the tool can help when patients are unwell and can't find the correct words to describe the area of pain. It can encourage them to report early onset of symptoms, for example urinary tract infections, which in the elderly can cause delirium and mental confusion.

If admitted to hospital, dementia patients will be familiar with the SMW tool making easier for staff to attend to them and also rapid assessment of pain can reduce the need for strong analgesics as pain is treated earlier.

BLANK FANS for communicating simple requests.
As well as pain communication it is essential for patient's dignity and well being, to be able to communicate simple requests with staff especially if paralysed or unable to speak English.

Blank fans allow patients/carers to write requests such as, thirsty, lights out, thank you etc. in English and their chosen language, allowing customised communication between staff and patients, the fans could then be taken home and used with visiting health workers. A low-tech solution, which costs £1.50 per blank fan.

A blank fan was given to the parents of the young man from ICU who I referred to earlier, and they have found it very useful.

FUTURE DEVELOPMENTS - phone app
We have the funding to develop SMW as a phone app for paramedics to tackle the problem of pain communication for non-English speaking patients in an emergency situation.

How will it work? –
- The first screen will allow you to select a language from an extensive list.
- Then the user then scrolls through the body images, which will appear one by one on the screen.
- By hovering over the image, audio and text in English and the language selected will name the body part.
**Summary**
Show me where allows the disabled patient to communicate in difficult circumstances and quickly indicate the location of pain. Prior to medical examination it is a useful tool to gain consent, protecting the patients dignity and well being. On busy wards it allows nursing assistants or relatives to report to medical staff, and takes the guesswork out of finding the site of pain in severely disabled patients.

We have received funding from the Health lottery grant and are currently applying for additional funding from Health Technology Challenge Wales.

* [http://www.nhs.uk/Conditions/Autistic-spectrum-disorder/Pages/Symptoms.aspx](http://www.nhs.uk/Conditions/Autistic-spectrum-disorder/Pages/Symptoms.aspx)
** [http://www.cardiffandvaleuhb.wales.nhs.uk/the-autism-project](http://www.cardiffandvaleuhb.wales.nhs.uk/the-autism-project)