

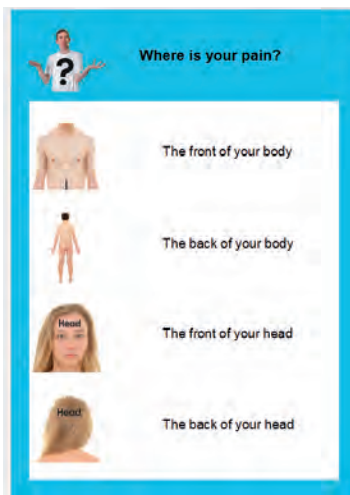


Health Cards

Introduction



The Health Cards use Easy Read text and pictures to explain what happens during medical health checks.



The cards can be used to ask and answer questions.



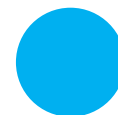
All cards are coloured into sections for each health topic.



Health services you may need



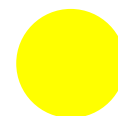
Pain and how you are feeling



Support you may need



Health and lifestyle



Women's health



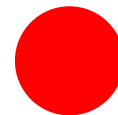
Men's health



Checking your weight



Temperature





Blood pressure



Oxygen levels



Breathing test



Stomach examination



Urine and stool sample



Blood, diabetes and vaccines



Cannula



Peak flow test



Stool chart





Which health services do you need?



Accident and Emergency



Hospital appointment



GP doctor's appointment

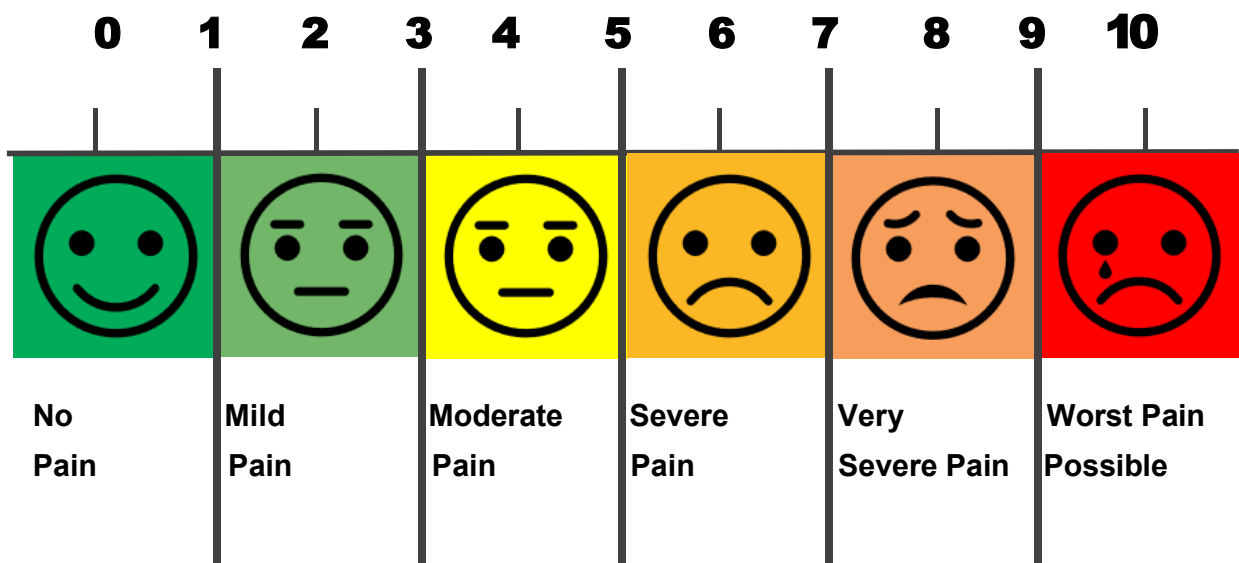


Nurse's appointment



Are you in pain?

Pain scale



3-5

Moderate pain is hard to ignore



5-9

Severe pain is very painful

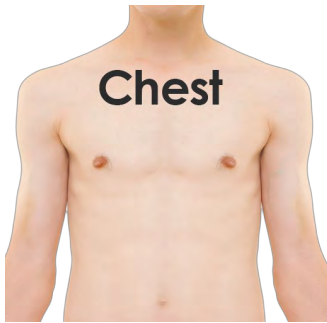


9-10

Worst possible pain is unbearable



Where is your pain?



Chest

The front of your body



The back of your body



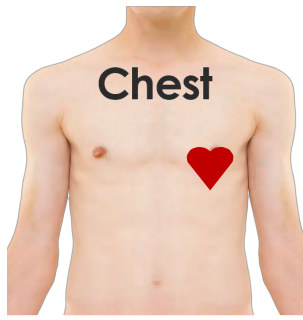
Head

The front of your head



Head

The back of your head



Chest pain



Breasts



Testicles

Testicles



Bottom



Legs or feet



How are you feeling?



Tired or drowsy



Changes in sleep pattern



Confused



In pain



Hot



Cold



Shivering or shaking



Trouble breathing



Feeling sick or vomiting



Any other symptoms?



Coughing



Bleeding



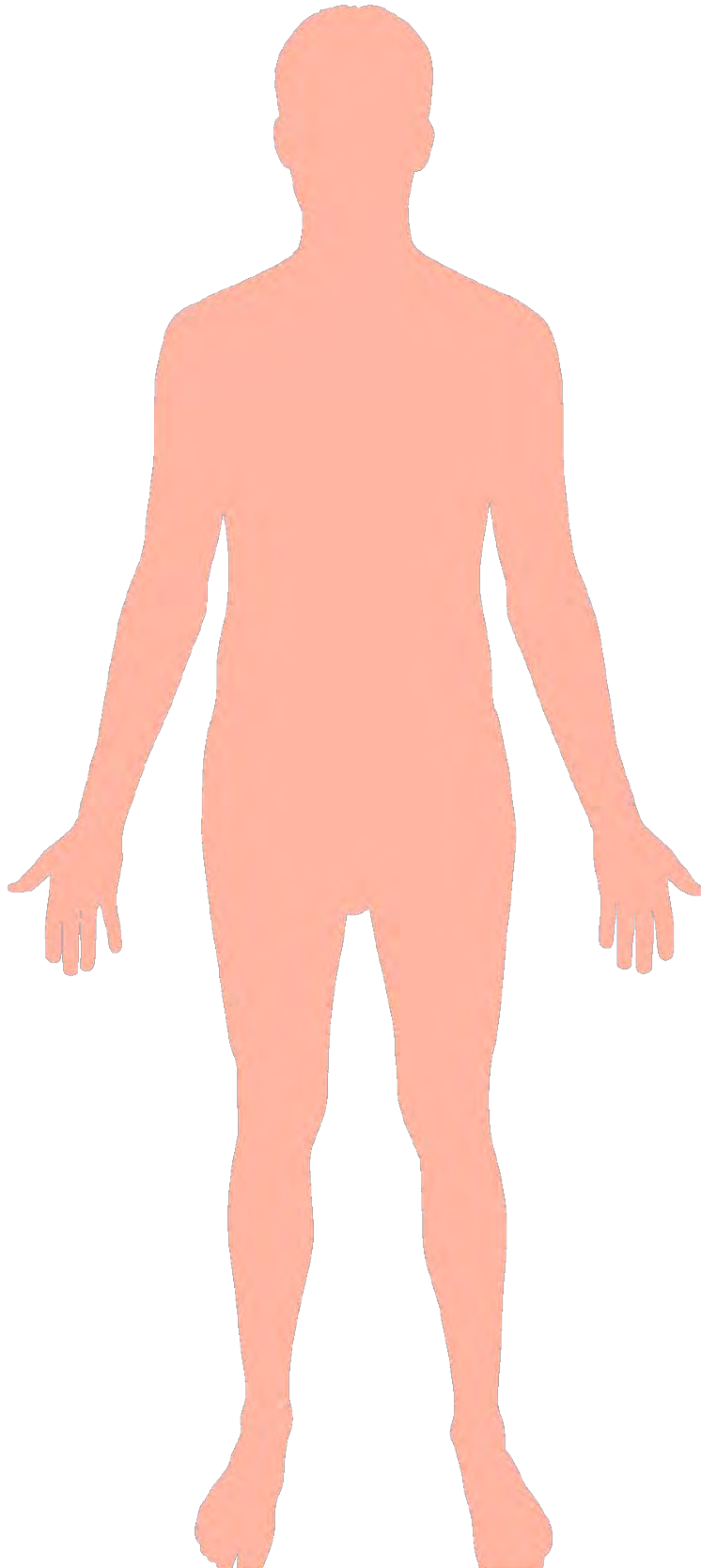
Problems going to the toilet



Changes in your wee or poo



Point to your pain





Do you require support?



Mobility



Hearing or eyesight



Communication



Carer



Your health and lifestyle



Do you drink alcohol?



Do you smoke?



Do you exercise?



How is your diet?



Do you have any health conditions?



Breathing problems



Epilepsy



Heart disease



Diabetes



Do you take medication?



Prescribed medication



Inhalers or sprays



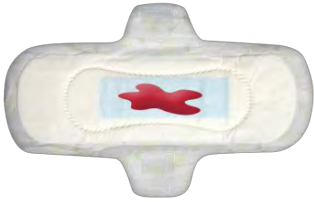
Do you have any allergies?



What are you allergic to?



Women's health



Do you have regular periods?



Do you go for cervical smear tests?



Do you go for a mammogram?



Do you check yourself regularly?



Men's health



Do you have problems going to the toilet?



Do you have problems urinating?



Do you have blood in your poo or urine?



Do you check yourself regularly?



Taking your temperature



The doctor or nurse will take your temperature using a thermometer



This will be placed in your outer ear



The doctor or nurse will then take your temperature and tell you the reading

A high temperature is usually considered to be 38C or above.



Checking your weight



Take your coat off



You may leave your shoes on



Step onto the scales



The nurse will read the scales and tell you your weight



Taking your blood pressure



This is a blood pressure machine



You will be asked to roll up your sleeve



The doctor or nurse will place the cuff around your arm



The cuff will then be fastened to your arm



The cuff will tighten on your arm and will not hurt



This may take 1 or 2 minutes



The doctor or nurse will remove the cuff



The doctor or nurse may type your blood pressure number in to the computer

Blood pressure is a measure of the force that your heart uses to pump blood around your body.



Listening to your breathing and heart



A stethoscope is used to check your breathing and heart



The doctor or nurse may ask you to loosen your top



They will place the stethoscope onto your chest



The doctor or nurse will ask you to take deep breaths



They may also place the stethoscope onto your back



The doctor or nurse will listen to your breathing or heartbeat



This may take 1 or 2 minutes



The doctor or nurse will explain their findings



You may put any clothing back on



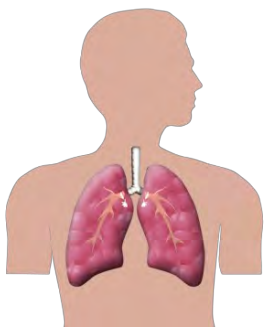
Oxygen levels



The pulse oximeter clips onto your finger and does not hurt



This machine checks the levels of oxygen in your body



And how well you are breathing

An Oximeter checks how much oxygen is in your blood. This can tell a doctor if you are unwell or getting better.

Stomach examination



This is a medical bed



The doctor or nurse will ask you to take off your coat and lie on the bed



The doctor or nurse may ask you to pull your clothing up or down



The doctor or nurse will place their hands on your stomach



If you feel any pain you must tell the doctor or nurse



Show the doctor or nurse where you feel the pain



When finished they will ask you to sit up



You can then get off the bed



And put any clothing back on



Urine sample



You will be given a sample bottle to place your wee in



Visit the toilets with the sample bottle



Unscrew the sample bottle lid



Start to wee in the toilet then place the bottle to catch the wee



Once the bottle is full move the sample bottle away



Screw the lid back onto the sample bottle



Wash your hands



You may now give this bottle to the doctor or nurse



The nurse or doctor will check your wee using a test strip



Stool sample



You will be given a sample bottle



You must place your poo sample in to the bottle



Visit the toilets with your sample bottle



It is easier to use a dish to collect your poo sample



Hold the dish or container in the toilet bowl to catch your sample



When finished on the toilet, unscrew the sample bottle lid



Take a small poo sample using the spoon on the bottle lid



Place this in the bottle and screw the cap onto the sample bottle



Wash your hands then give the bottle to the doctor or nurse



Blood testing



The nurse will ask you roll up your sleeve



They may place a band on your arm



You will need to keep your arm still



The nurse will use a needle to take your blood



You may feel a scratch on your arm and it will not hurt



Once the nurse is finished she will place cotton wool on your arm



Followed by a plaster on your arm



You must tell the nurse if you are allergic to cotton wool or plasters



Your blood sample will be sent away for testing



Diabetes testing



A lancet pen is used to take a small drop of your blood



A small drop of blood is squeezed and placed onto a strip inserted in the blood monitor



Once this is complete the nurse will give you cotton wool to dab on your finger



The monitor will give you your reading



Having a vaccine



You should not have a vaccine if you feel unwell



A nurse usually gives a vaccine



The nurse will have the vaccine ready



The nurse will ask you to roll your sleeve up



The nurse will then put a needle into your arm



You may feel a scratch in your arm and it will not hurt



After the vaccine the nurse will place cotton wool on your arm



The nurse will then put a plaster on your arm.



You must tell the nurse if you are allergic to cotton wool or plasters



Cannula



Some medicine and fluids may need to go into your blood stream through a drip



The nurse will put a cannula into a vein in your hand



Or in your arm



The nurse will do this quickly then tape it in place



A long plastic tube will be joined to the cannula



The tube is joined to a bag of medicine or fluids



The nurse may give you medication via a syringe



Or medicine may be given through a pump machine

Having medicine through a cannula gets into your body quicker than tablets.



Peak flow test



A tube is attached to a peak flow meter



Place your mouth on the tube



You will be asked to breathe in and then blow hard into the meter

The peak flow test measures how much you breathe out when you exhale.

Stool Chart



Type 1
Hard lumps



Type 2
Lumpy sausage



Type 3
Cracked sausage



Type 4
Smooth soft snake



Type 5
Soft blobs



Type 6
Fluffy pieces



Type 7
Liquid or watery



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Northumbria Healthcare
NHS Foundation Trust

Special thanks to the Northumbria Healthcare NHS Foundation Trust for their collaboration to enable us to make these Easy Read Health Cards.

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