

## Female health communication boards

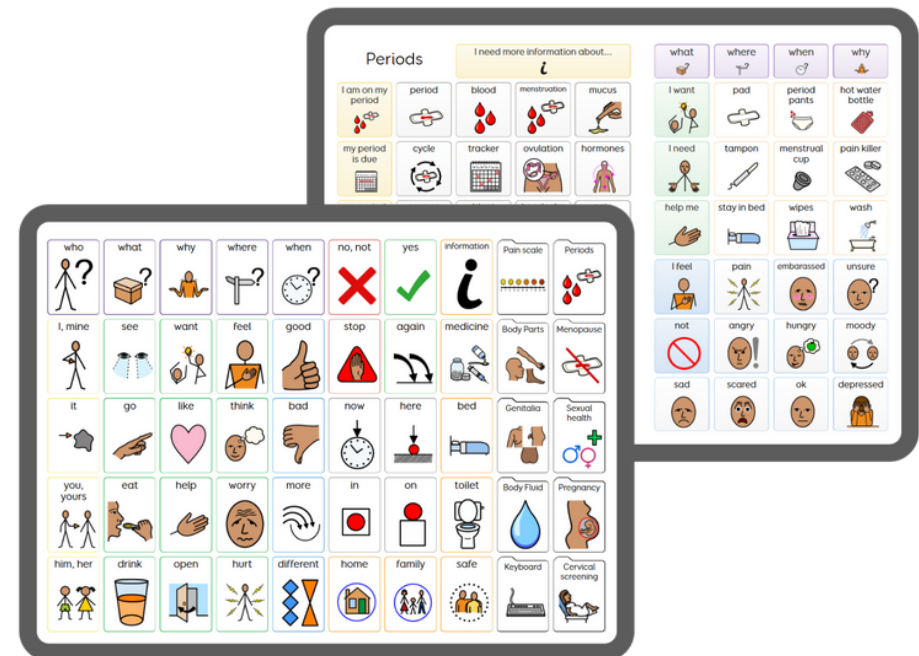
These resources have been designed to support communication about female health.

They may be used by a medical professional to help someone understand what is happening, e.g. if a test or procedure is necessary. They may also be used by someone to communicate what they want a medical professional to know, e.g. to indicate where it hurts, what the symptoms are or what they would like more information about.

### Tips:

All of these boards can be used to communicate single words or simple phrases. Sometimes multiple words might be pointed to, making a sentence, e.g. I want help.

For someone who is not able to point to symbols themselves, the person talking to them could point to each symbol/letter and wait for that individual to indicate yes/no to select each symbol/letter.




These communication boards were created in collaboration with the Open University, in support of the Period Project. This project stemmed from their research into female health, with a focus on females with a learning disability.





# Smartbox

who 	what 	why 	where 	when 	no, not 	yes 	information 	Pain scale 	Periods 
I, mine 	see 	want 	feel 	good 	stop 	again 	medicine 	Body Parts 	Menopause 
it 	go 	like 	think 	bad 	now 	here 	bed 	Genitalia 	Sexual health 
you, yours 	eat 	help 	worry 	more 	in 	on 	toilet 	Body Fluid 	Pregnancy 
him, her 	drink 	open 	hurt 	different 	home 	family 	safe 	Keyboard 	Cervical screening 

# Smartbox

yes 	no 	maybe 
------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------

good 	bad 
-------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------










help 	repeat 	I understand 	I don't understand 
---------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------

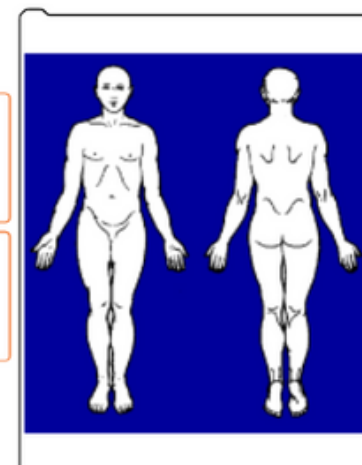
## Pain level

10      9      8      7      6      5      4      3      2      1      0






## Symptoms are

pain 	numb 	ache 	sick 	dizzy 	headache 	sharp 	heavy 	crushing 
hot 	cold 	itch 	pins and needles 	burn 	rash 	spots 	confused 	depressed 



## Difficulty

breathing 	hearing 	swallowing 	seeing 	walking 	moving 
--------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------

Female genitalia 	Male genitalia 
-----------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------

# Smartbox

## Body parts



# Smartbox

I will point to where it is



painful



numb



itchy



achey



burning



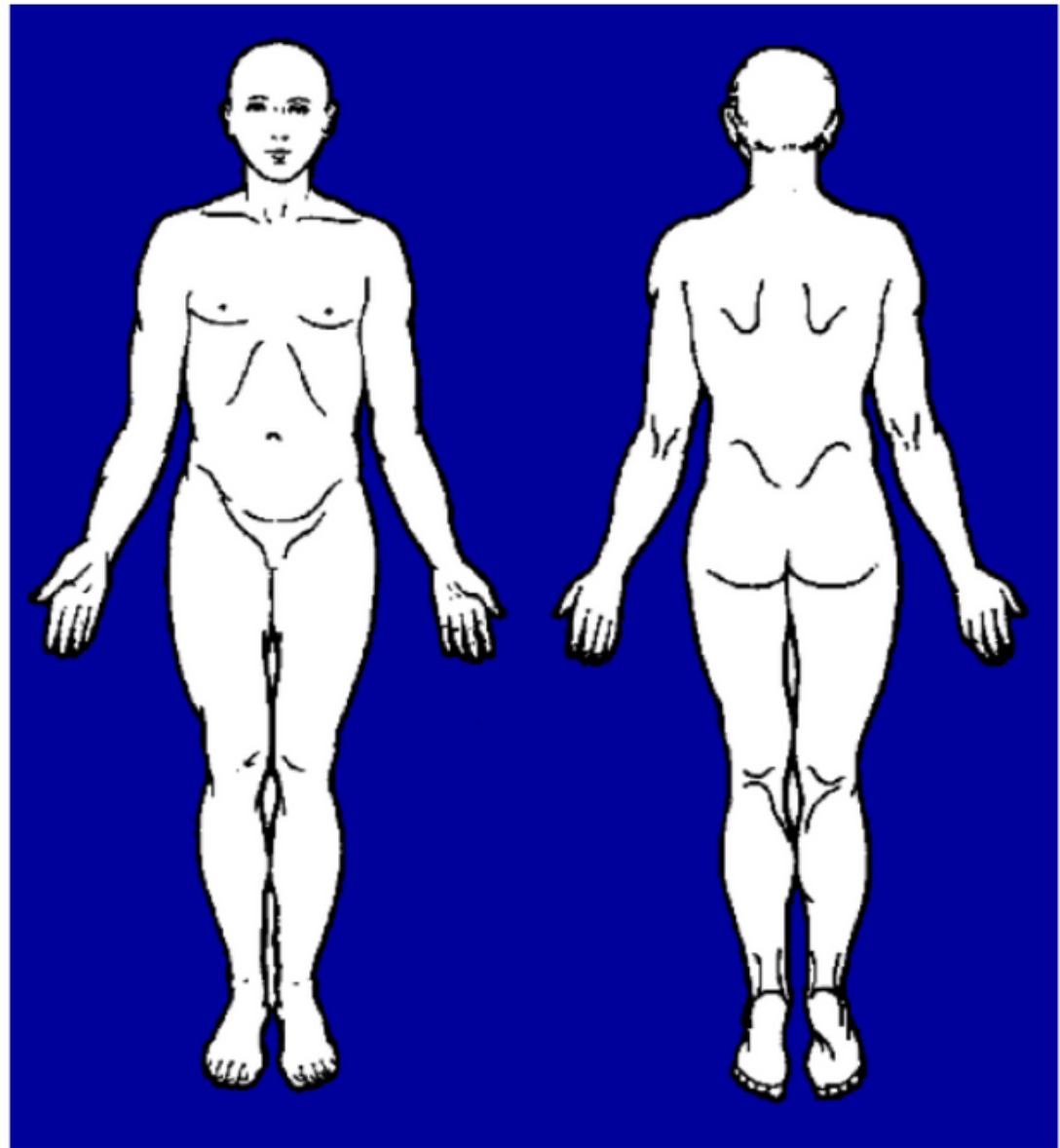
rash



hot



cold



# Smartbox

I will point to where it is



painful



numb



itchy



achey



burning



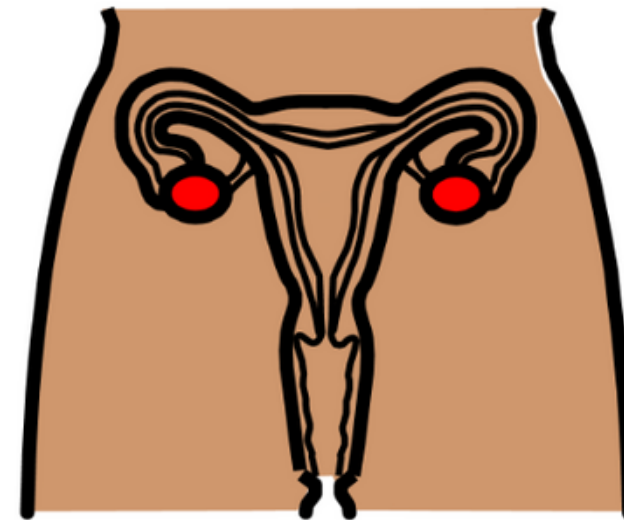
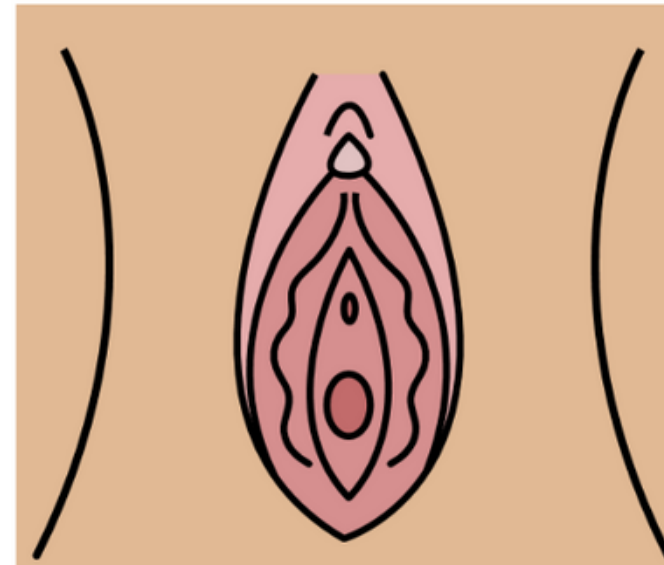
rash



hot



cold



# Smartbox

I will point to where it is



painful



numb



itchy



achey



burning



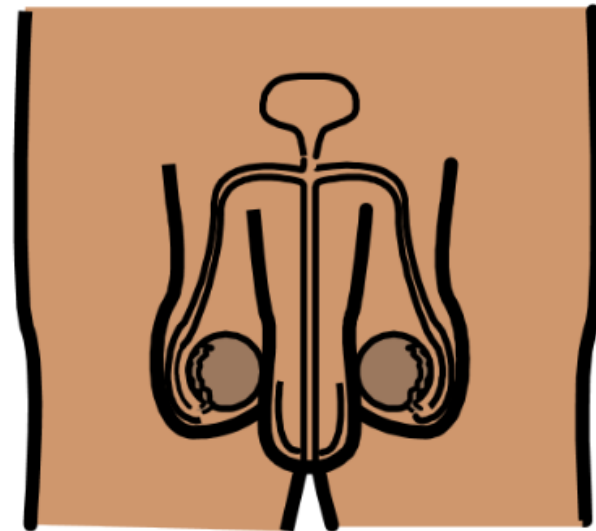
rash



hot

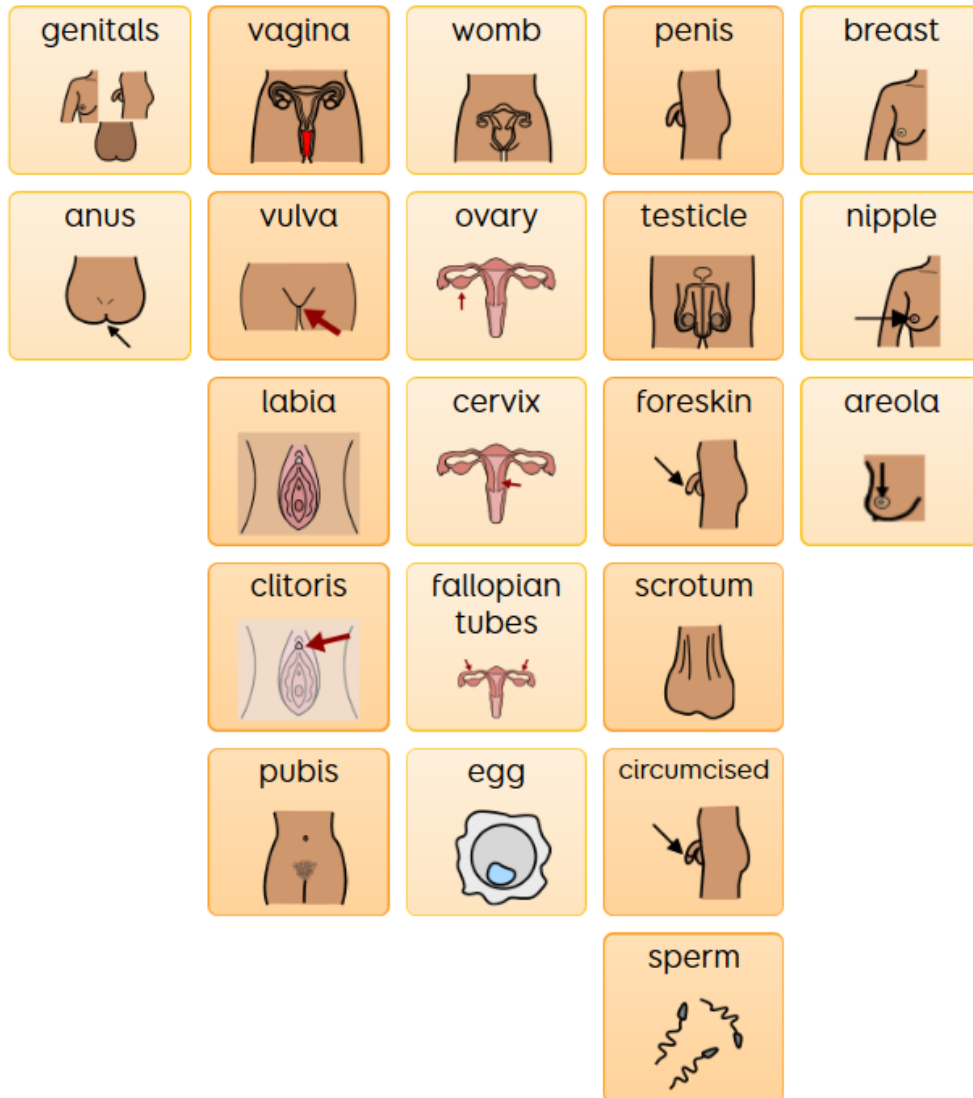


cold

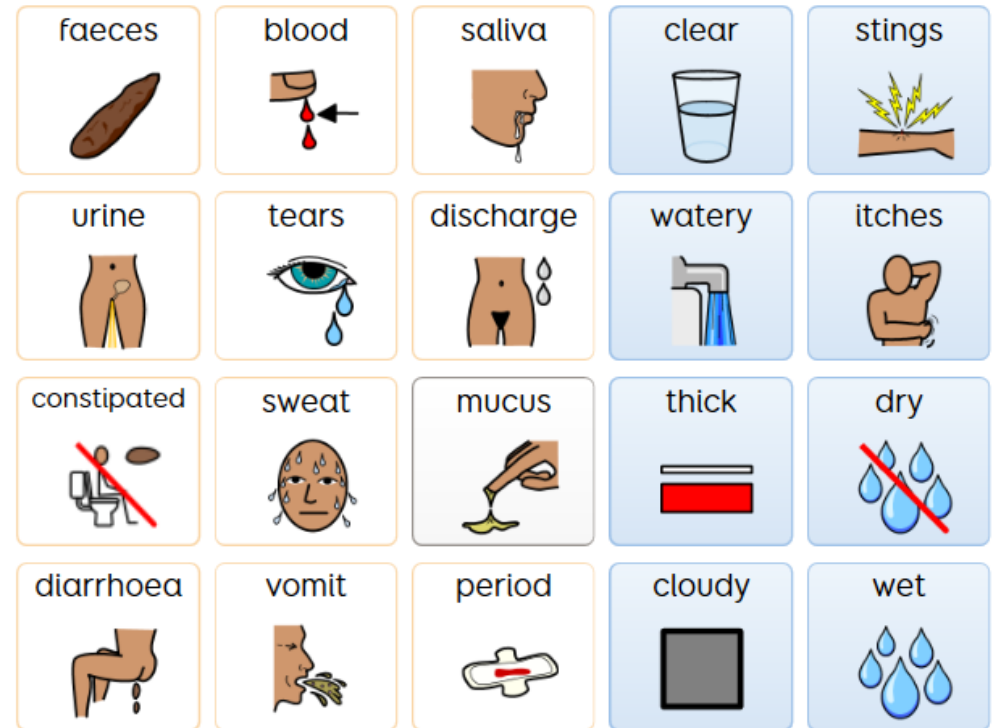


# Smartbox

## Genitalia



## Body Fluids


































# Smartbox

## Periods

I need more information about...

i

I am on my period 	period 	blood 	menstruation 	mucus 
my period is due 	cycle 	tracker 	ovulation 	hormones 
my period is late 	cramps 	bloat 	headache 	pain 
I am in pain 	nausea 	back pain 	PMS 	feelings 
something has changed 	discharge 	blood clot 	colour 	show where? 
not what I meant 	lumpy 	runny 	smell 	






























what 	where 	when 	why 
I want 	pad 	period pants 	hot water bottle 
I need 	tampon 	menstrual cup 	pain killer 
help me 	stay in bed 	wipes 	wash 
I feel 	pain 	embarrassed 	unsure 
not 	angry 	hungry 	moody 
sad 	scared 	ok 	depressed 





























# Smartbox

## Menopause

I need more information about...

i

I have started 	menopause 	perimenopause 	menstruation 	egg 
my periods are 	lighter 	irregular 	ovulation 	ovaries 
my periods have stopped 	cramps 	bloat 	headache 	pain 
I am in pain 	nausea 	back pain 	genitalia 	feelings 
something has changed 	discharge 	blood 	my body 	show where? 
not what I meant 	dryness 	sweats 	memory 	

























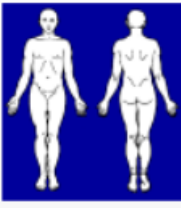




what 	where 	when 	why 
I want 	pad 	rest 	cream 
I need 	scan 	test 	medication 
help me 	HRT 	CBT 	vitamins 
I feel 	pain 	embarrassed 	hot 
not 	tired 	hungry 	moody 
sad 	scared 	ok 	depressed 






















# Smartbox

## Sexual health

I need more information about...

i

my sexual health 	STI/STD 	unprotected sex 	smear test 	HPV 
I might be pregnant 	gonorrhoea 	herpes 	HIV/AIDS 	chlamydia 
my period is late 	cramps 	urinate 	sex 	pain 
I am in pain 	nausea 	burning 	genitalia 	feelings 
something has changed 	discharge 	blood 	my body 	show where? 
not what I meant 	rash/warts 	itching 	lice 	




what 	where 	when 	why 
I want 	pad 	contraception 	cream 
I need 	scan 	test 	medication 
help me 	morning after pill 	pregnancy test 	abortion 
I feel 	in pain 	embarrassed 	unsure 
not 	angry 	hungry 	moody 
sad 	scared 	ok 	depressed 





























# Smartbox

## Pregnancy

I need more information about...

i

I am pregnant 	ovulation 	fertilisation 	implantation 	gestation 
I might be pregnant 	egg 	sperm 	foetus 	birth 
my period is late 	cramps 	bloat 	headache 	pain 
I am in pain 	nausea 	back pain 	labour 	caesarian 
something has changed 	discharge 	my body 	stomach 	show where? 
not what I meant 	miscarriage 	planned 	unplanned 	


what 	where 	when 	why 
I want 	pad 	contraception 	hot water bottle 
I need 	scan 	midwife 	pain killer 
help me 	morning after pill 	pregnancy test 	abortion 
I feel 	in pain 	embarrassed 	unsure 
not 	angry 	hungry 	moody 
sad 	scared 	ok 	depressed 

# Smartbox

## Cervical screening




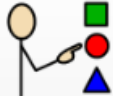

















I need more information about...

i

make an appointment 	smear test 	cervical screening 	cancer 	HPV 
I am on my period 	cervix 	vagina 	healthy 	unhealthy 
stop now 	virus 	cells 	sex 	pain 
I am in pain 	injection 	speculum 	swab 	sample 
something has changed 	discharge 	blood 	fluid 	show where? 
not what I meant 	results 	letter 	more tests 	

what 	where 	when 	why 
I want 	woman 	friend 	carer 
I need 	curtain 	bed 	sheet 
help me 	undress 	get dressed 	hold hand 
I feel 	in pain 	embarrassed 	unsure 
not 	angry 	hungry 	moody 
worried 	scared 	ok 	depressed 

# Smartbox

I want to tell you something 	I want to show you something 	it's important 	I want to choose 	I have a question 	tell me yes or no 	start again 	I've finished 	uh oh 
something's wrong 	I need help 	I need more time 	please wait 	help me spell 	it starts with 	I don't know 	I don't understand 	I need my communication aid 
a	b	c	d	th	sh	yes 	maybe 	no 
e	f	g	h	space 	ch	1	2	3
i	j	k	l	m	n	4	5	6
o	p	q	r	s	t	7	8	9
u	v	w	x	y	z	10	0	back to words 