

COMMUNICATION BOARD (NORWEGIAN-ENGLISH)

Smerte pain	Trøtt tired	Kvalm nauseous	Fjernkontroll tv control	Alarm call light	Lys lights
Varm hot	Kald cold	Redd scared	Hudkrem lotion	Briller glasses	Medisin medicine
Klør itchy	Svimmel dizzy	Ukomfortabel uncomfortable	Vask ansiktet wash face	Leppomade chapstick	Pledd blanket
Flytt på meg reposition me	Vanskeligere å puste breathing is harder	Jeg trenger hjelp need help	Tannhygiene oral care	Kontakt familien min contact family	Snakke med lege talk to doctor
På toalettet bathroom	Sug ut av munnen suction mouth	Sug ut av trakeostomi suction trach	Jeg har et spørsmål have a question	Familie på besøk? family visit?	Hva skjer? What's happening?
Ikke gjenoppliv do not resuscitate	Sjekk kateteret mitt check catheter	Religiøs person religious person	Hvor lenge? How much longer?	Hvordan går det med meg? How am I doing?	Hva er neste skritt? What's next?
Ikke intuber do not intubate	Spør ja eller nei spørsmål ask yes/no questions	Ja yes	Ikke sikker not sure	Nei no	Takk thank you

1 2 3 4 5 6 7 8 9 10

Communication Board Instructions

1. Tell the person that this is a way for them to communicate while they are on a ventilator.
2. Review some of the messages on the board with the individual. Provide them with an example of how to use it. For example: If you want a blanket, you could touch the word “blanket” on the board.
3. Show them the messages and the spelling board. Tell them they can use the letters to spell what they want to say. This could be names of people or they could spell short phrases etc.
4. Leave the board close to the person. Hand it to them as you are trying to communicate together. Encourage them to use both the phrases and spelling board.

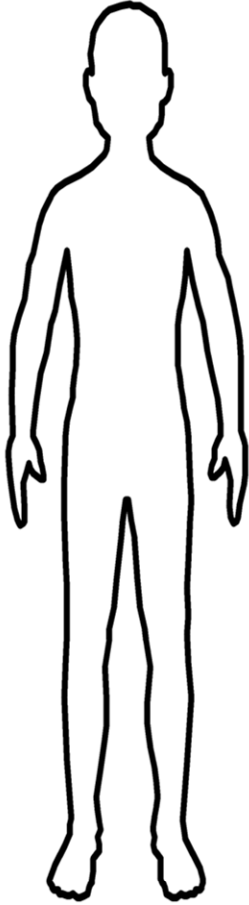
If the individual can't use their hands to touch the board, assist them using the following method:

1. Establish a way for the person to communicate a “yes” response (e.g. looking up).
2. Point to each row in turn and ask if the message or letter is in that row (e.g. “Is it in this row?”). Be sure to pause between each row.

3. The individual will use their “yes” response when you reach the row they want. There is no need for them to communicate “no.” Just look for a yes.
4. Next, review each item in the row they selected. Be sure to pause between each one.

5. The individual will use their “yes” response when you reach item or letter they want.
6. If spelling, you can guess the word after 2 letters are provided, but make sure to ask the individual if it is correct.

SPELLING BOARD (NORWEGIAN-ENGLISH)

A	B	C	D	Nytt ord new word	Start på nytt start again				
E	F	G	H	JA yes	NEI no				
I	J	K	L	M	N				
O	P	Q	R	S	T				
U	V	W	X	Y	Z				
Æ	Ø	Å							
1	2	3	4	5	6	7	8	9	10