

# Having observations taken in hospital

Easy Read information



easy read



This leaflet uses pictures and easy words, you can ask someone to help you read it if you want to.

hospital

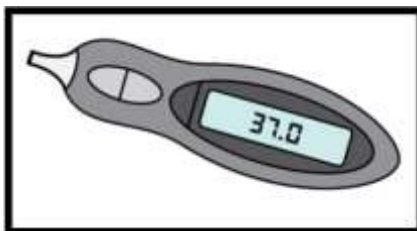


When you are in hospital the staff will take your observations.

## Having your temperature taken

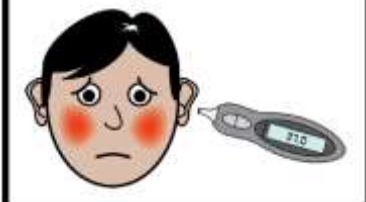


Your temperature can tell us if you are unwell.



A thermometer is used to check how hot or cold you are.

temperature



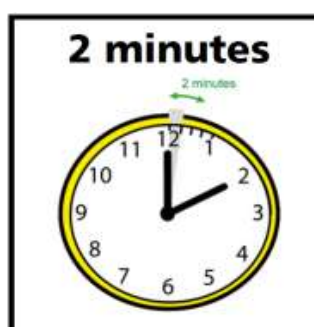
The thermometer goes inside your ear, it does not hurt.

It makes a noise when it has finished.

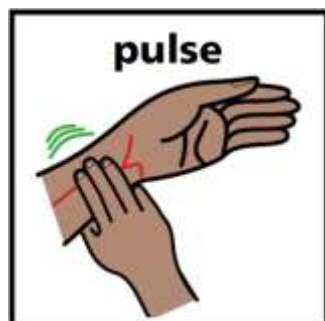
## Having your pulse taken



Your pulse tells us how fast your heart is beating.



It takes less than two minutes and does not hurt.



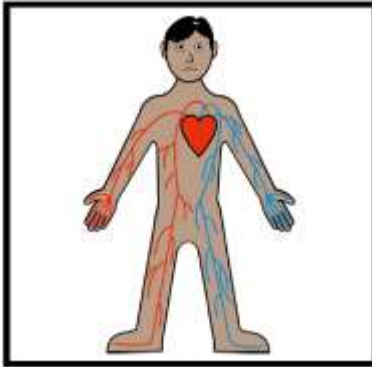
Your pulse can be checked by the staff touching your wrist.



Or staff may check your pulse using a machine.

You put your finger in the machine, it does not hurt.

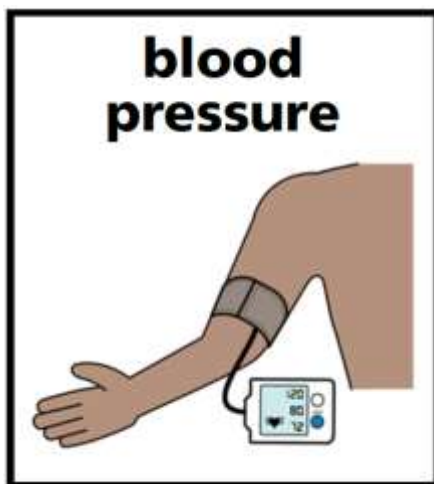
# Having your blood pressure taken



Your blood pressure tells us how well your heart is pumping blood around your body.

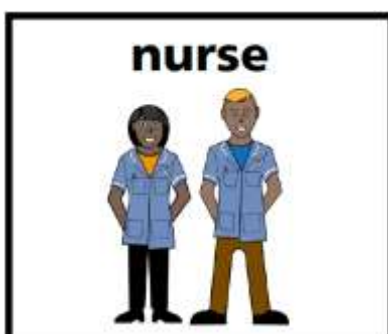


It takes less than two minutes.



A machine is used to take your blood pressure, the cuff goes around the top of your arm.

The cuff gets tighter on your arm and then goes down again.

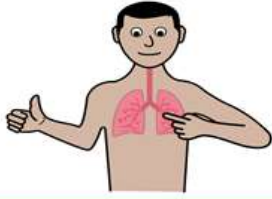


It does not hurt.

When the cuff has gone down the nurse will take it off your arm.

# Having your oxygen level checked

## healthy lungs



Oxygen keeps us healthy.

Your oxygen levels tell us if your body is getting the oxygen it needs.

## pulse oximeter



Staff check your oxygen level using a machine.

You put your finger in the machine, it does not hurt.

**If you are scared, nervous or in pain, tell me and I can help you.**

## keep a record



Your observations will be recorded.

## ask questions



If you have any questions you can ask the staff.



It would be a good idea to bring your hospital passport.

If you need a hospital passport, contact

- Community Learning Disabilities Team
- Your GP practice, or
- Hospital Acute Liaison Nurses

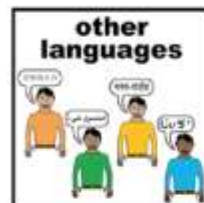




## Further information is available from:



**Patient Advice and Liaison Service (PALS)**  
Royal Shrewsbury Hospital: 0800 7830057  
Princess Royal Hospital: 01952 6414679



This information can be provided in other languages



**The Learning Disability Team**  
can be contacted for support  
on 01743 211210



or large print.



**Mencap**  
<https://www.mencap.org.uk/advice-and-support>



If you would like a copy of this information in a different format email [sath.patientexperience@nhs.net](mailto:sath.patientexperience@nhs.net) or telephone 01743 261000 ext 3032

Website: [www.sath.nhs.uk](http://www.sath.nhs.uk)

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