



# STEPS FOR BETTER COMMUNICATION TO PREVENT PAIN

Partnering with your Healthcare Professional  
to Prevent Pain: Information for Patients



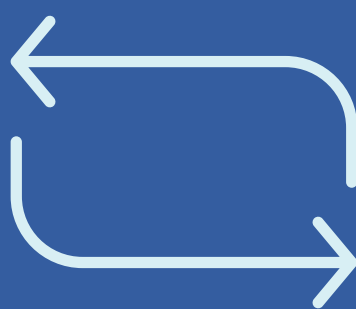
## PREPARE

Write down specific questions which are  
worrying you with the most important  
at the top of your list.



## ASK

Ask questions and make sure you  
understand the answers.



## REPEAT

Repeat what has been told to you in  
your own words so that you can check  
that you have understood correctly.



## TAKE ACTION

Take action on what you need to do  
next.