

● KE NNA I AM

- | | |
|--|--|
| ☐ Go felela ke moya
Short Of Breath | ☐ Ya betoga
Gagging |
| ☐ Go tlallwa
Frustrated | ☐ Botlhokong
In Pain |
| ☐ Go feroa dibete
Nauseous | ☐ Tlogo etshese
Light-headed |
| ☐ Go fela pelo
Anxious | ☐ Tshoga
Afraid |
| ☐ Go swaba
Disappointed | ☐ Bodutung
Lonely |
| ☐ Go lapa
Tired | ☐ Kwatile
Angry |
| ☐ Ke lapile
Drowsy | ☐ Kolobile
Wet |
| ☐ Bo toka
Better | ☐ Fetelletse
Worse |
| ☐ Lenyora
Thirsty | ☐ Tshwere ke tlala
Hungry |
| ☐ Bollo
Hot | ☐ Gake na bonnete
Unsure (Of What Is Happening) |
| ☐ Maruru
Cold | |

● KE BATLA I WANT

- | | | |
|---|---|---|
| ☐ Go gogiwa sefuba
To Be Suctioned | ☐ Go busa
More Control | ☐ Goneneketswa
To Be Comforted |
| ☐ Gonna
To Sit Up | ☐ Patlama
To rest | ☐ Go rapela
Prayer |
| ☐ Metsi
Water | ☐ Metsi a tieleng
Ice | ☐ Go ikatisa
Exercise |
| ☐ Go tlhapa
Bath | ☐ Sesepe
Shampoo | ☐ Selo sa go itshasa
Lotion |
| ☐ Digalase tsa matlho
Reading glasses | ☐ Kamo ya moriri
Comb | ☐ Go sidillwa
Massage |
| ☐ Dikausu
Socks | ☐ Go rota
Urinal | ☐ Seruwa
Bedpan |
| ☐ Go letsa mogala
Make A Call | ☐ Telebishin
Call Light,TV | ☐ Mosamelo
Pillow |
| ☐ Go fapogela kwa mojang
To Turn Right | ☐ Go faphogela kwa molema
To Turn Left | ☐ Lebone le tshumile
Lights On |
| ☐ Lebone le timile
Lights Off | ☐ Fifatsa kganya
Lights Dim | ☐ Kobo
Blanket |
| ☐ Go didimetse
It Quiet | ☐ Go robala
To Sleep | ☐ Goikhutsa
To Rest |

E DIRILWE KE VIDATAK

Tshemollo kakanyo e tshwanetswe go akanngwa le molwetsi

EZ BOARD BY VIDATAK

An innovation in patient communication

● KE BATLA GO BONA I WANT TO SEE

- | | | |
|--|---|--|
| ☐ Ngaka
Doctor | ☐ Morapedi
Chaplain | ☐ Mo-hemisi
Respiratory Therapist |
| ☐ Mooki
Nurse | ☐ Balolapa
My Family | ☐ Mo-sedulli
Physical Therapist |
| ☐ Mo-thusi wa mooki
Assistant | | ☐ Modirela Loago
Social Worker |

● KE BATLA GO KOLOMAKA I WANT TO CLEAN

- | | | |
|---------------------------------------|--|--|
| ☐ Molomo
Mouth | ☐ Meno
Teeth | ☐ Sefatlhego
Face |
| ☐ Nko
Nose | ☐ Matsogo
Hands | ☐ Moriri
Hair |

A	B	C	D	E	F	G	H	I	1	2	3
J	K	L	M	N	O	P	Q	R	4	5	6
S	T	U	V	W	X	Y	Z	.	7	8	9
									?	0	!

A e sebediswe ke molwetsi a le mongwe

SINGLE PATIENT USE. Please do not re-use between patients.

Keya leboga



Thank You

Keya go rata



I Love You



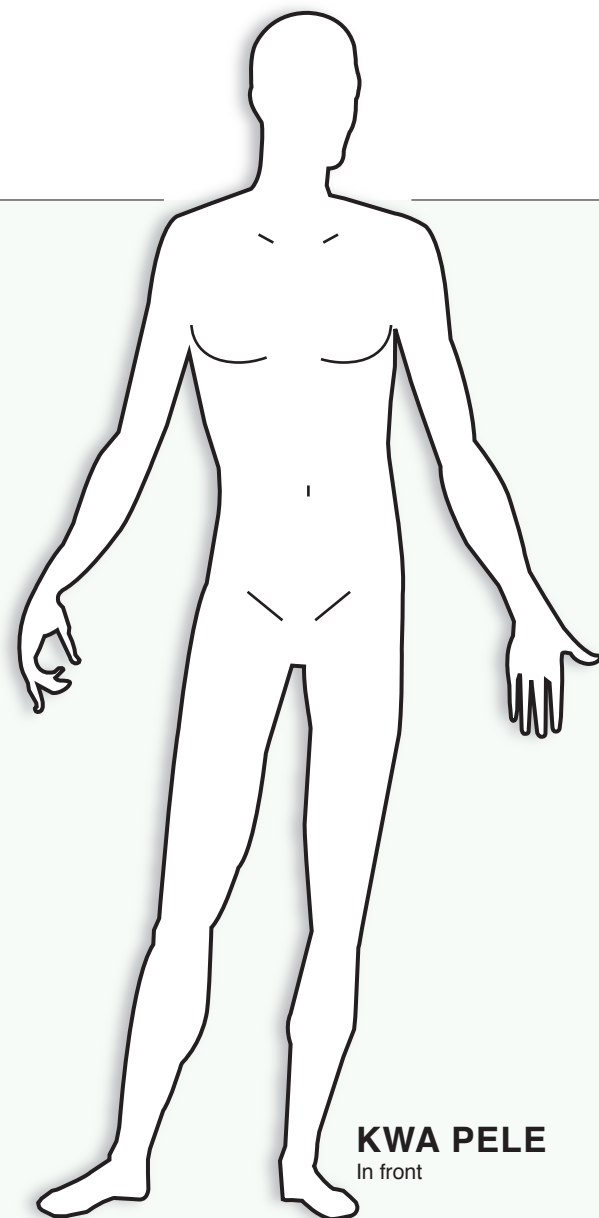
KARATA-TSHUPO YA BOTLHOKO

PAIN CHART

Letlapa pontsho:

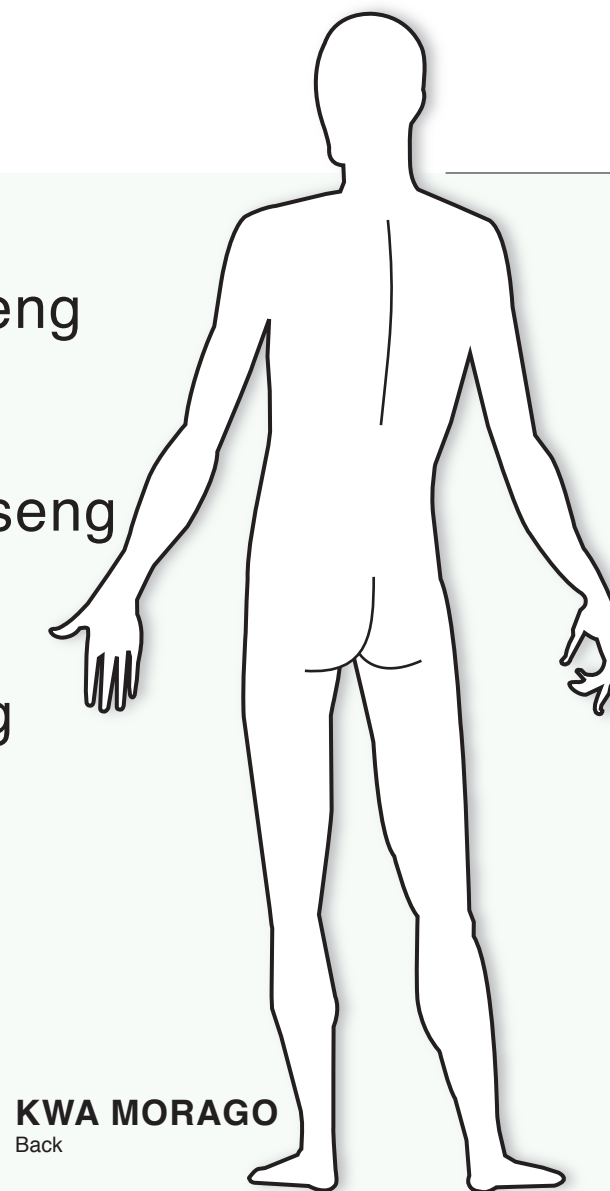
(Kwala lebitsa fa)

THIS BOARD BELONGS TO:
(Place Label Here)



MAEMO A BOTLHOKO

LEVEL OF PAIN



SE KE SERO SA MMELE WAKA

THIS PART (Of My Body)

- ☐ **Gwa loma**
Itches
- ☐ **Ya thaba**
Stings
- ☐ **Go botlhako**
Hurts
- ☐ **Gogega ya mesifa**
Cramps
- ☐ **Go tshikinyega**
Can't Move
- ☐ **Sule bogatsu**
Is Numb
- ☐ **Go opelwa/opa**
Aches
- ☐ **Go fisa**
Burns
- ☐ **Ga goutlwale**
Is Tender

BOTLHOKO BO

THE PAIN IS

- ☐ **A bo fele**
Constant
- ☐ **Go ipoeletsa**
Intermittent
- ☐ **Bo a phatthalala**
Radiating
- ☐ **Botlhabang**
Throbbing
- ☐ **Bo a opa**
Dull/Aching
- ☐ **Go a thaba**
Sharp

Molemo sa botlhoko

☐ I WANT
Pain Medicine

KWALA FA:
MEMO:

THULAGANYO YA TLHOKOMELO: ☐ **Ee** YES ☐ **Nyaa** NO ☐ **Kopa o tthalose** Please Explain ☐ **Ke batla nnetefalletso** I Need Reassurance

- ☐ **Ko kae** Where ☐ **Leng** When ☐ **Eng** What ☐ **Ema** Stop ☐ **Key-a leng gae?** When Can I Go Home?
- ☐ **Jang** How ☐ **Go reng** Why ☐ **Mang** Who ☐ **Tswelela** Continue ☐ **Thulaganyo keng?** What Is the Plan? ☐ **Ke dira jang?** How Am I Doing?