

Suggestions that may help to increase a woman's understanding of cervical screening,

Capacity Guidance:

- Easy to understand information is helpful, Jo's Trust have materials including an easy read booklet on cervical screening <http://www.jostrust.org.uk/resources/materials/information> and online video <http://www.jostrust.org.uk/videos/smear-test-film>.
- The NHS cancer screening programme also produces an easy read booklet, <http://www.cancerscreening.nhs.uk/cervical/publications/easy-guide-cervical-screening.html>.
- The pictures in the easy to understand guides can be used to aid communication.
- Find out how the woman communicates - *you may need to ask carers.*
- Find out which word the woman uses for vagina so that you don't get misunderstandings.
- Offer a pre visit so that that the woman can feel safe whilst you explain about the test.
- Show the speculum and sample broom to the patient. Let her handle it and explain how they work. For example "You will feel the speculum being inserted."
- Show her the position that she will need to be in when she has the test. Encourage her to get onto the couch to see what this feels like.
- Suggest that she practices the position at home so she feels more comfortable about it. This can be done with her clothes on in her bedroom where she feels relaxed, so that she gets the feel of the right position. Carers may need to support this.
- If she wishes to have somebody present during the test, reassure her that it's her choice.
- Offer a longer appointment.
- Consider prescribing your patient something to help her to relax if you think this is necessary.

Remember the woman

- Needs to have an understanding of what will happen at the test.
- Needs to be able to remember this information for as long as it takes to do the test.
- Needs to be able to understand that by having the test that it will help her to stay healthy.
- Needs to be able to tell you by any communication mean that she would like to try to have the test done.
- Still needs to have an understanding of the signs and symptoms of cervical cancer. There is an easy read guide to these in the electronic pack.