<table>
<thead>
<tr>
<th>R</th>
<th>Recognising an unmet need</th>
</tr>
</thead>
<tbody>
<tr>
<td>E</td>
<td>Eating and drinking</td>
</tr>
<tr>
<td></td>
<td>Is the person hungry or thirsty?</td>
</tr>
<tr>
<td>A</td>
<td>Alone</td>
</tr>
<tr>
<td></td>
<td>Does the person feel isolated and lonely? How long is it since someone sat with them?</td>
</tr>
<tr>
<td>S</td>
<td>Scared</td>
</tr>
<tr>
<td></td>
<td>Think about the environment - what might be causing fear - what is on the TV?</td>
</tr>
<tr>
<td>S</td>
<td>Static</td>
</tr>
<tr>
<td></td>
<td>Has the person be sitting for a long time? Have they been doing the same activity for a long period of time?</td>
</tr>
<tr>
<td>U</td>
<td>Uncomfortable and/or in pain</td>
</tr>
<tr>
<td></td>
<td>Has the person had their pain assessed and treated? Are they too hot or cold?</td>
</tr>
<tr>
<td>R</td>
<td>Rest</td>
</tr>
<tr>
<td></td>
<td>Has the person been mobilising a lot, do they need a rest? What is their sleep pattern like?</td>
</tr>
<tr>
<td>E</td>
<td>Elimination</td>
</tr>
<tr>
<td></td>
<td>Does the person need the toilet?</td>
</tr>
</tbody>
</table>