

**I am going to do a
Breath Test.**



A note to caregivers:

This book will detail the process of a Spirometry appointment at Rady Children's Hospital.

This book was written for patients of different ages and language levels. Not all sections will apply to your child. Read this first and choose what information you think will be helpful.

In this story we refer to Spirometry as “breath test.” You can determine which language is best to use for your child.

This appointment is scheduled to last 1 hour and 30 minutes. If your child would benefit from distraction activities while waiting or during the Spirometry appointment, please work with your clinician to determine what is safe to use. You may consider bringing a distraction or sensory/comfort item with you. Accommodations will depend on the location and staffing.

Some children are motivated by earning a rewards after the appointment. Please see the customizable visual on the last page of this story. This is one way to present the idea of a prize/reward to your child (e.g., “First breath test, then *[insert prize here]*”).

We also recommend filling out the Autism Friendly Questionnaire in preparation of your visit. If you have trouble filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment. See QR code.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team

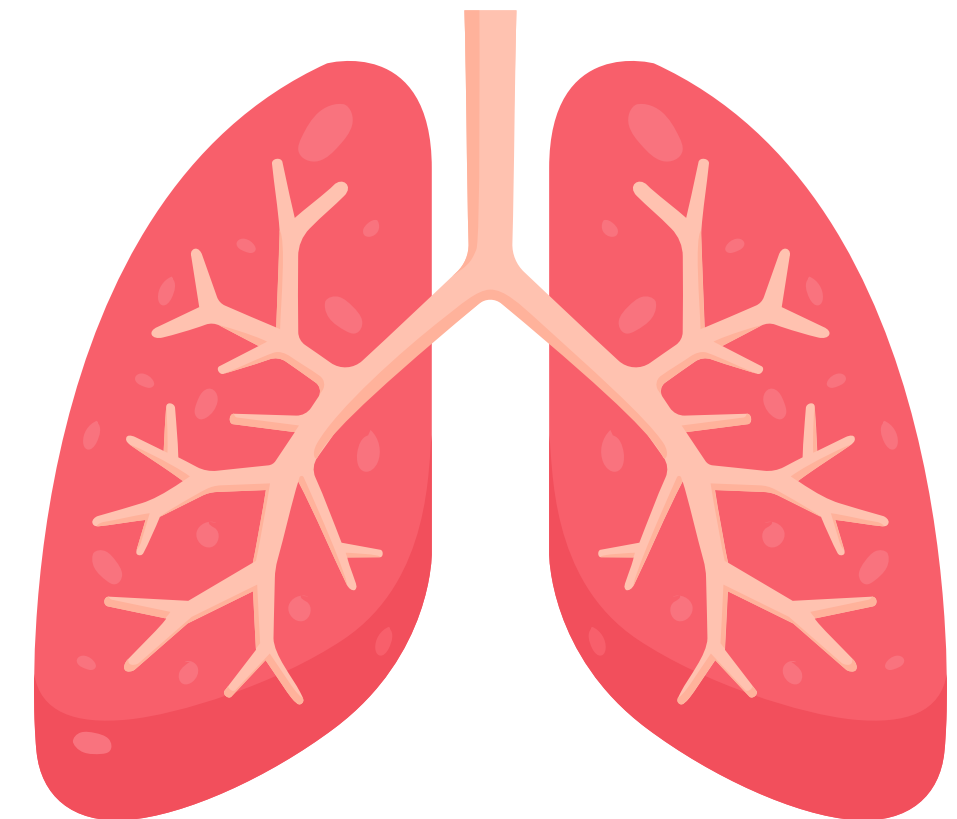
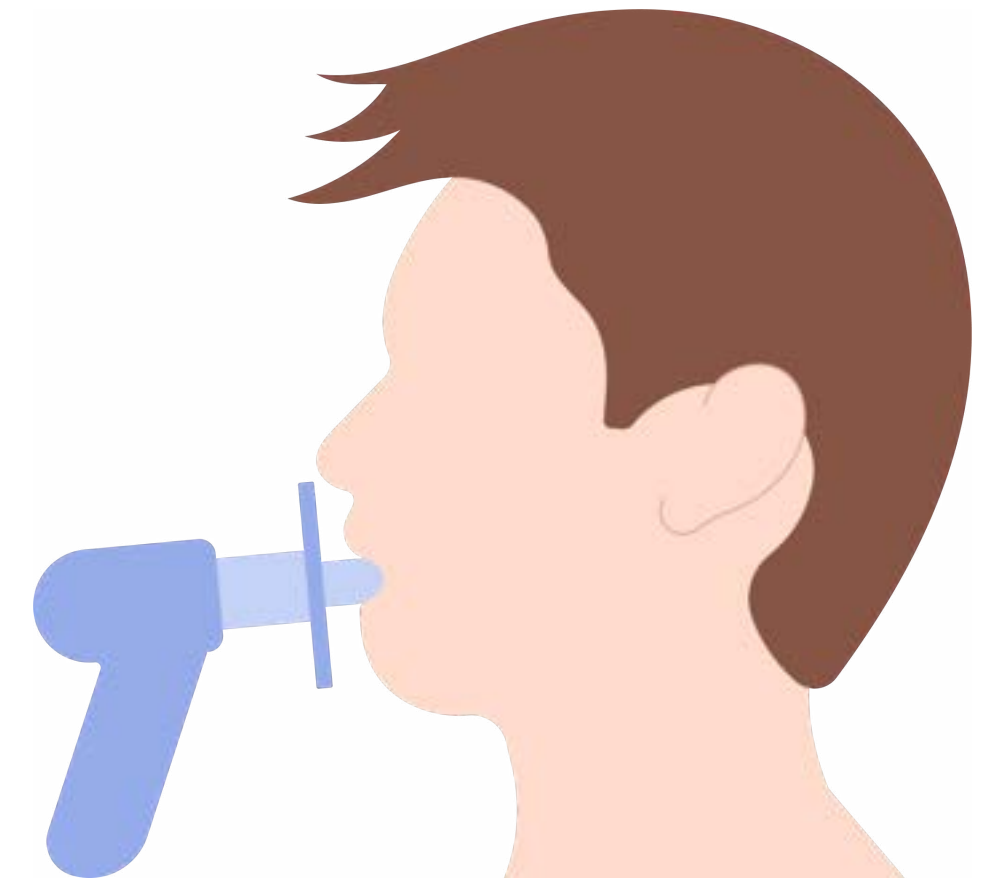


I am going to the doctor to do a breath test.

The appointment is going to be 1 hour and 30 minutes long.

I can bring [insert preferred activity you plan to bring] **to play with while I wait.**

Note to caregivers: We recommend bringing a toy or activity for your child can do during the waiting periods of the appointment.





First, we will park the car.

**After we park the car, we will
walk to the doctor's office.**



I will check-in at the front desk.



Now I will wait until my name is called.

I can [insert preferred activity here] **while I wait.**



Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

**When the nurse calls my name,
I will walk to a new room with
my [caregiver].**



**Next, I will talk to the nurse
about the plan for today's visit.**

**I am going to take 4 big
breaths and then earn [insert
child's preferred activity or
reward].**



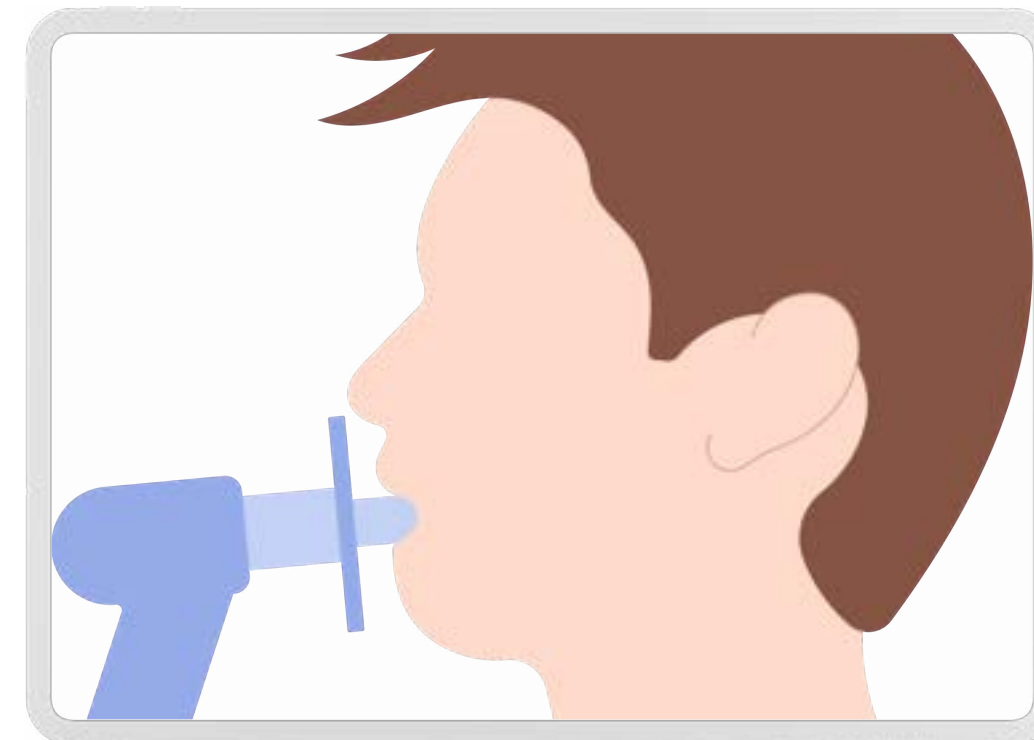
Note to caregivers: It may be helpful to identify a reward your child can earn after completing the Spirometry appointment.

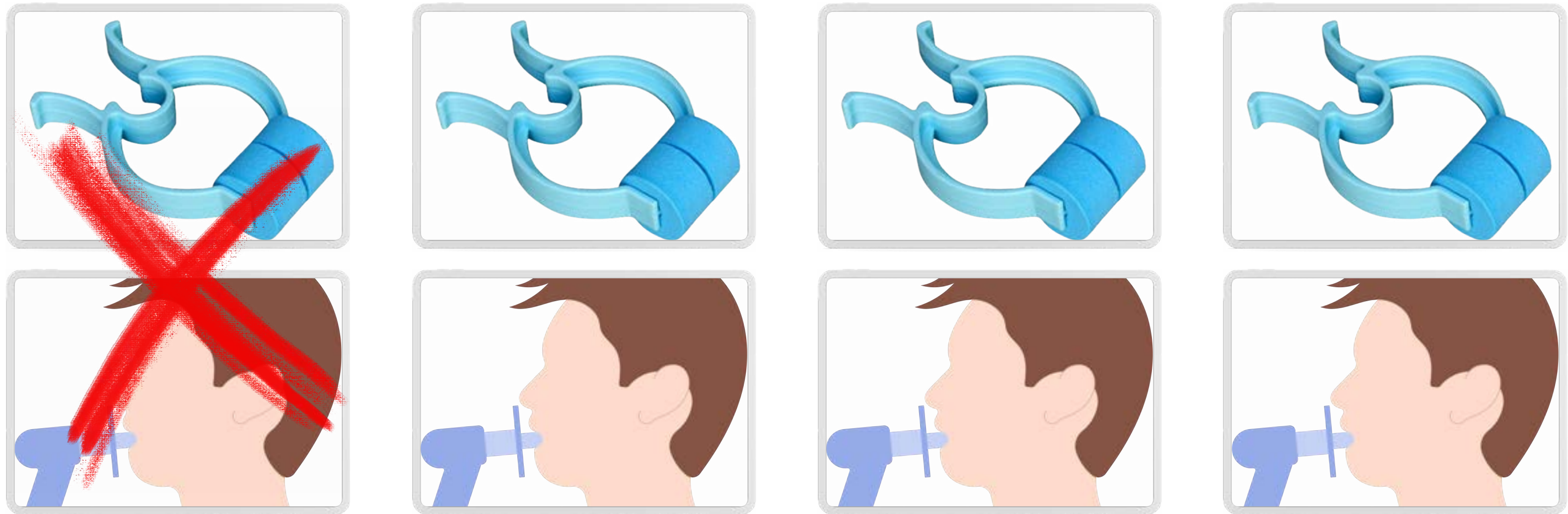
**The nurse will put a clip on my nose.
It will feel like a little squeeze.**

I will take a deep breath.

**I will close my lips around the tube. I
will blow out as hard and long as I
can.**

Now I will take a 1 minute break.

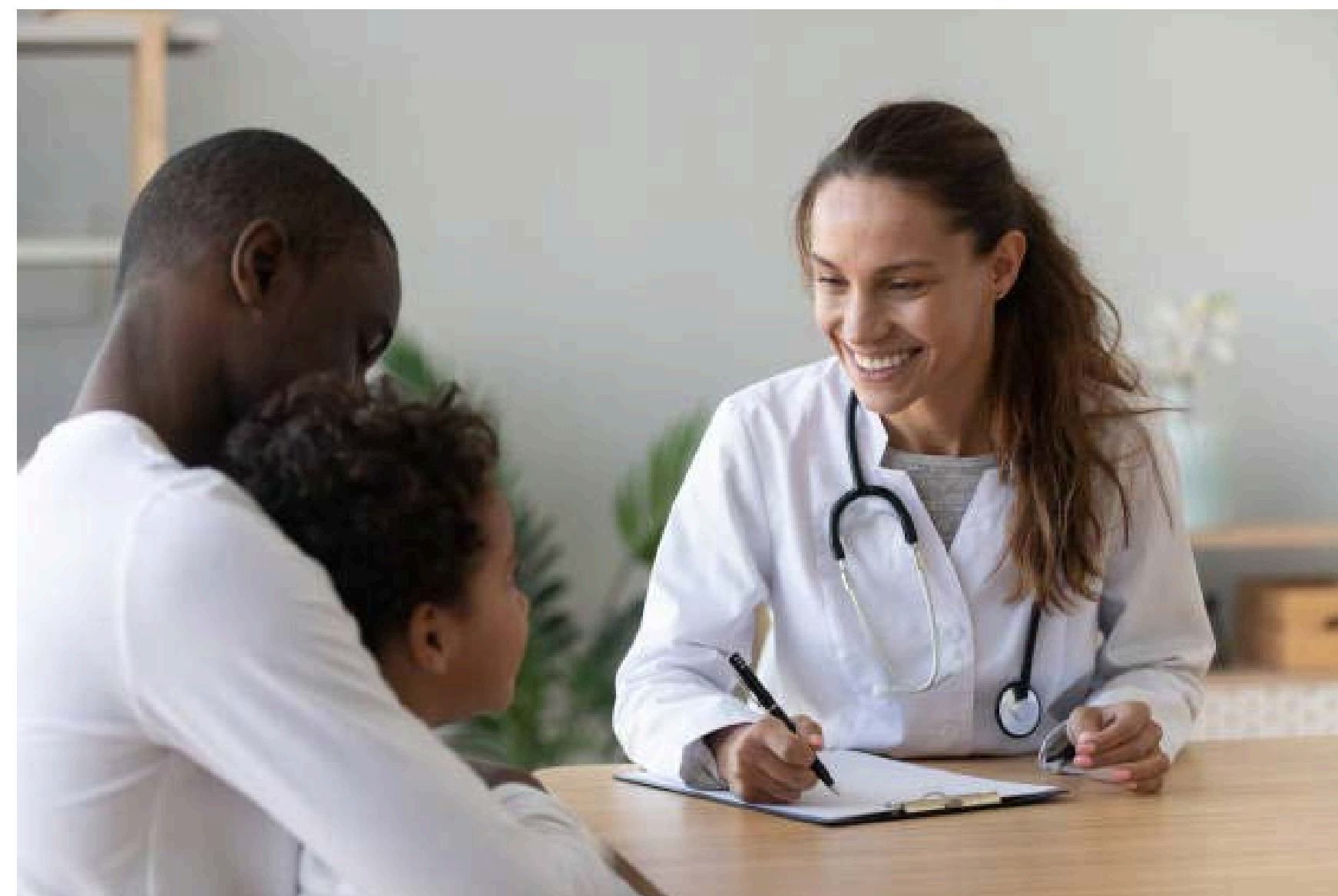




After my 1 minute break, I will take a deep breath and blow on the tube again. I will do this 3 more times.

I am all done with the test.

**Now I will go to my room and
talk to the doctor.**



I did a great job taking deep breaths!

I am all done!

Now it's time for [insert child's preferred activity or reward].



Note to caregivers: It may be helpful to identify a reward your child can earn after completing the Spirometry appointment.

The End

Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the visit.



Caregivers:

Here is a sample “**first-then**” visual if your child is earning a reward after their breath test. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “**then.**”

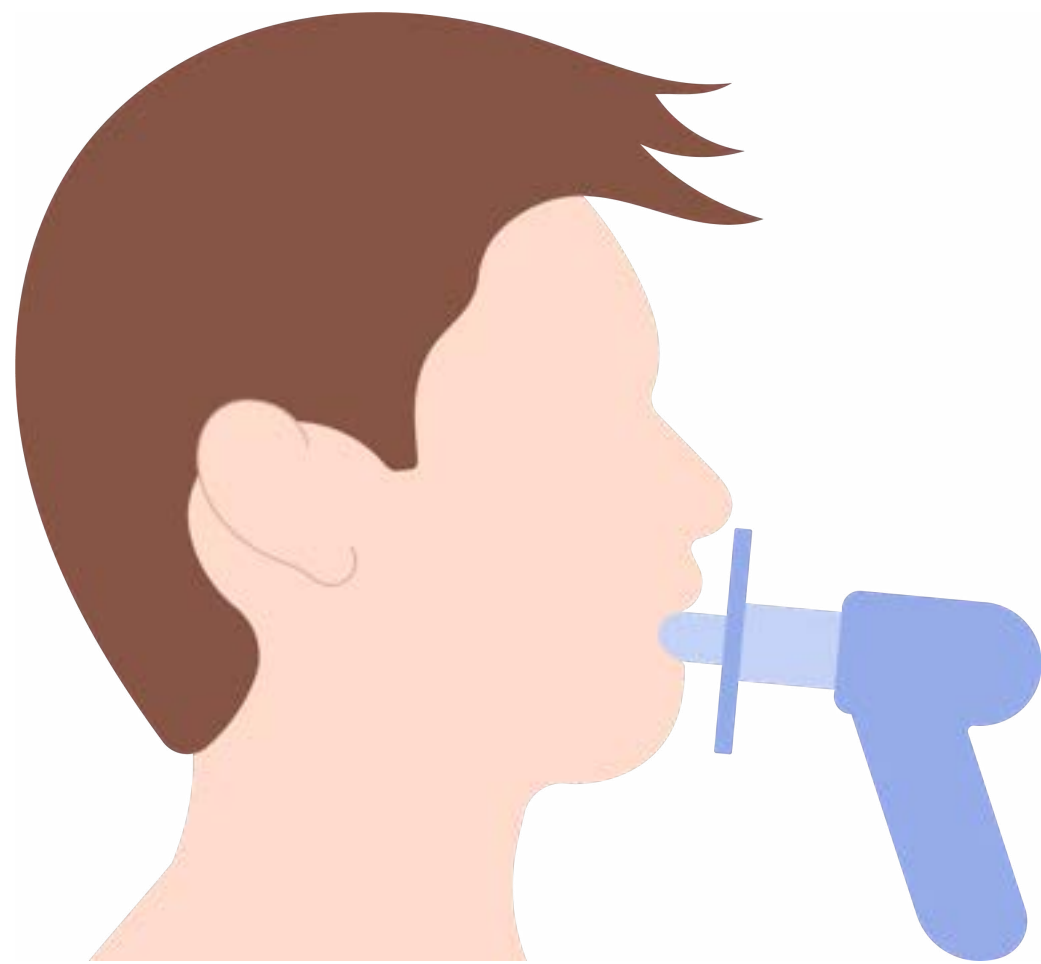
You can present this by saying, “**First breath test, then Switch.**”

FIRST	THEN
	



FIRST

THEN



“First breath test, then _____.”



Caregivers:

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

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Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, we will talk to the nurse.

Next, the nurse will put a clip on your nose. It will feel like a little squeeze. You will take a deep breath. You will close your lips around the tube. You will blow out as hard and long as I can.

Now we will take a 1 minute break.

You will blow on the tube 3 more times. You will take a 1 minute break each time you blow.

Last, you will talk to the doctor.

Then you will be all done and can *[insert reward here]*!

