



I am going to take pictures of my heart

Echocardiogram



A note to Caregivers:

This book was written for patients of different ages and language levels. Please use language your child is familiar with at home or when visiting a doctor.

Not all sections will apply to your child.

Read this first and choose what information you think will be helpful. You know your child best.

This book will detail the steps of an Echocardiogram.

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

This scheduled appointment may take up to an 1 hour and 15 minutes. If your child would benefit from distraction activities while waiting or during the Echocardiogram appointment, please work with your Sonographer 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 benefit from a reward after an Echocardiogram. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., “First picture, 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 for details.

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

Sincerely,

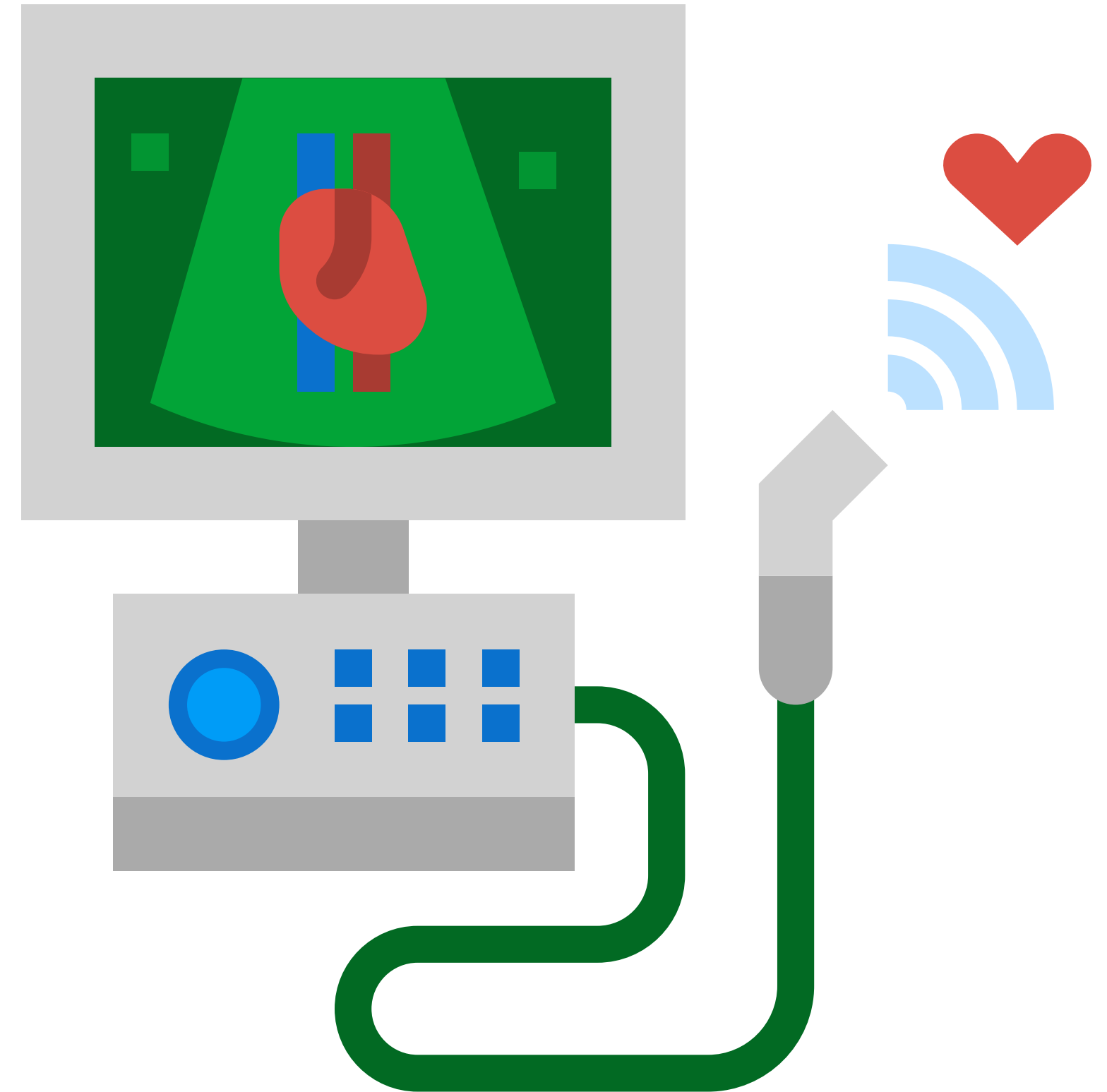
The RCHSD Autism Friendly Health System Initiative Team



I am going the doctor's office to take pictures of my heart.

The pictures will let the doctor know how my heart is working.

A sonographer will take the pictures.





First, we will park the car.

After we park the car, we will walk to the hospital.





I am going to check-in at the front desk.



Now I will wait until they call my name.

I can [insert distraction 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 they call my name, I will walk back with my [caregiver], and the nurse will check how healthy my body is.



I will go back to the waiting room and wait for my name to be called again.

I can [insert distraction 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.



Next, I will walk to a dark room with my caregiver.

The room may have a TV and lights on the ceiling.

My [caregiver] will stay in the room with me.



Note to caregivers: We recommend bringing a small toy or comfort item your child can hold during the Echocardiogram.



I will change into a hospital shirt with an opening in the front or cover my chest with a towel.



It's ok to feel nervous.

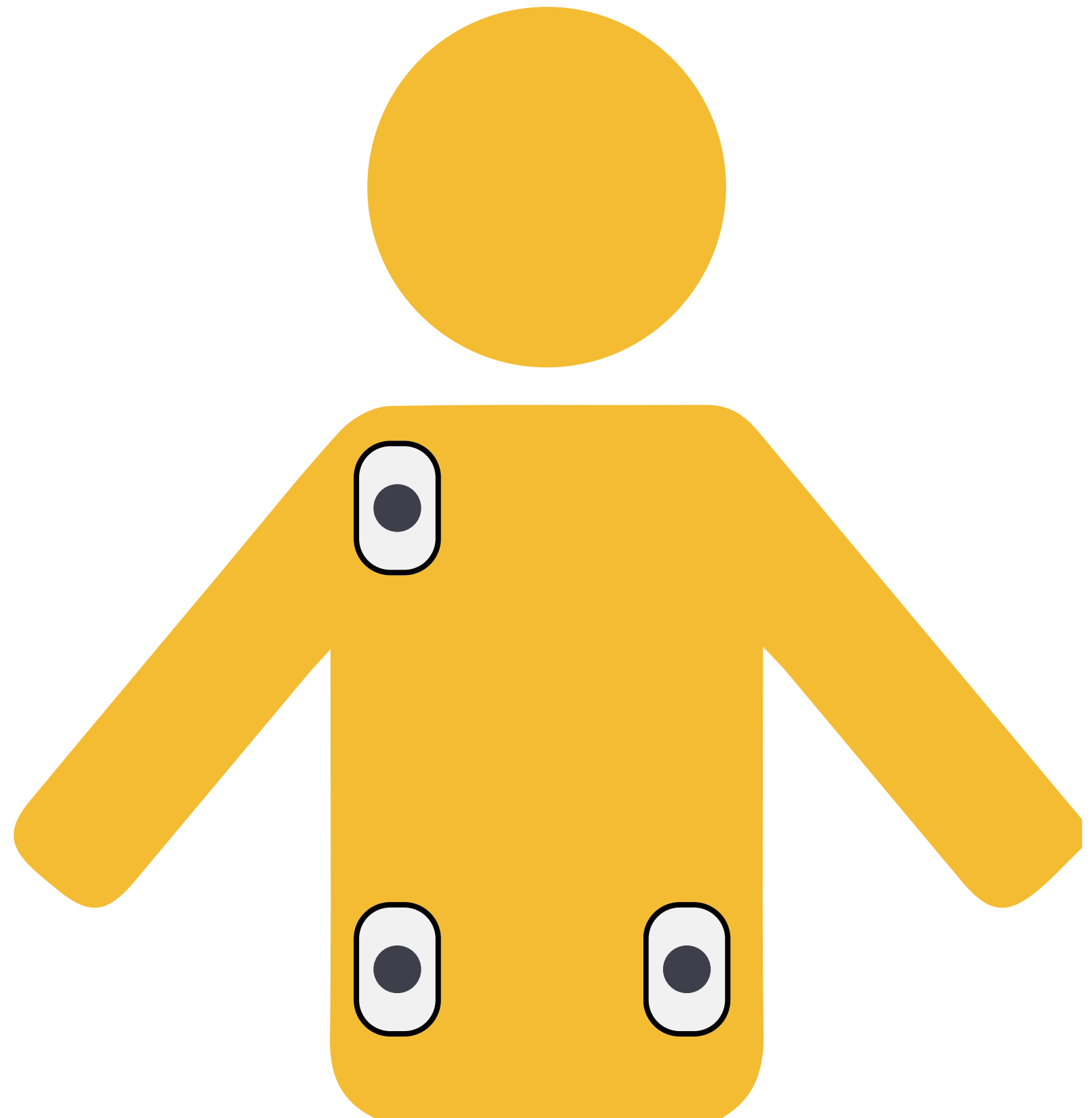
If I am nervous, then I can take deep breaths or ask my [caregiver] to stay with me.



Note to caregivers: Your child may be able to hold a sensory item if they are able to stay still while doing so. Please work with your sonographer to determine what is feasible for your child's Echocardiogram.

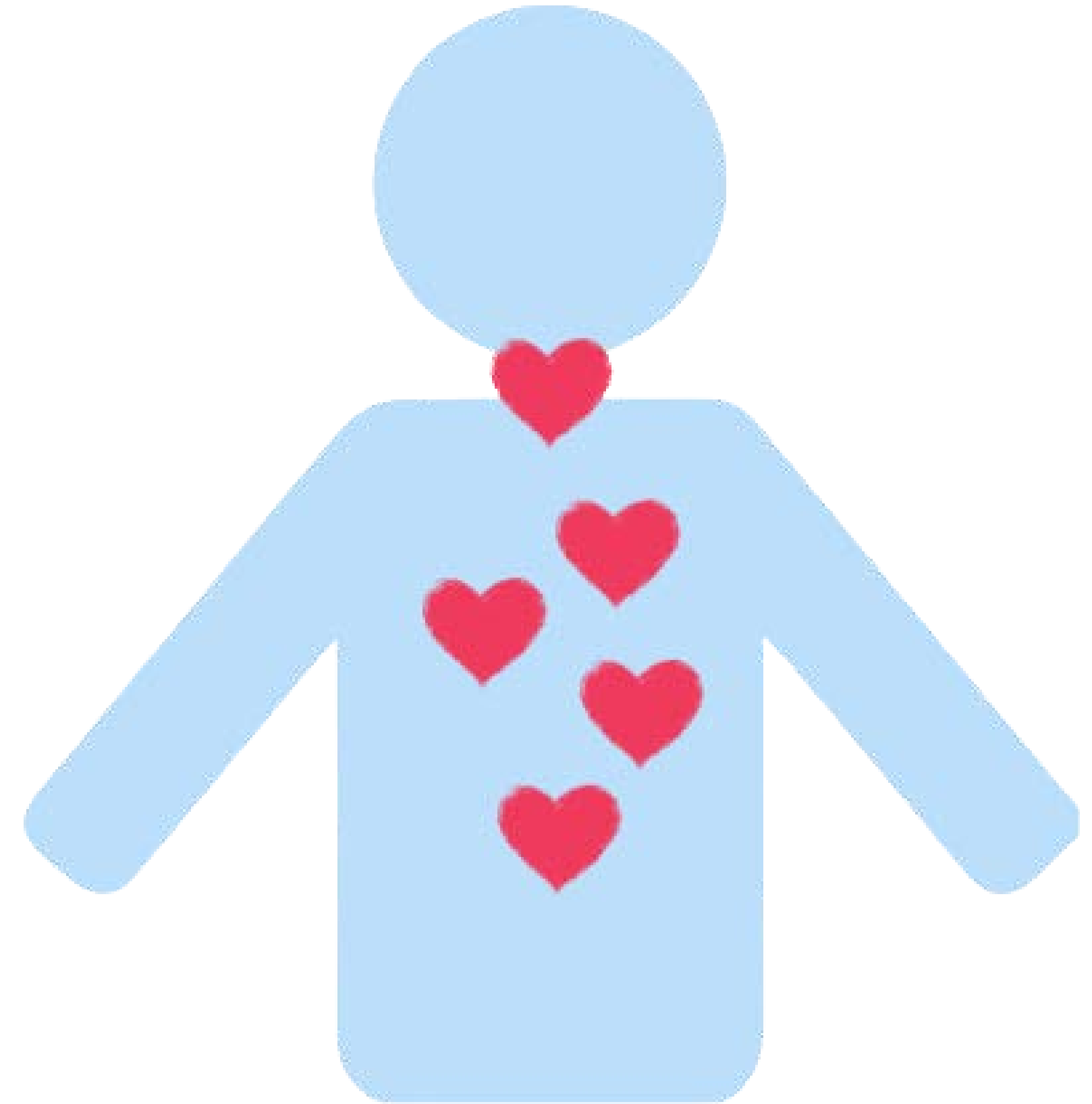
They will put 3 small stickers on me. The stickers might feel cold.

The stickers will connect to the computer with strings. This will show how fast my heart is beating.



Now it's time to take pictures of my chest, stomach, and neck.

The sonographer will tell me how many pictures they will take.



Note to caregivers: We recommend bringing a small toy or comfort item your child can hold during the Echocardiogram.

I will keep my body calm and still.

I can watch a movie on tv, hold my squishy ball or *[insert item you brought with you for child to hold]*.



The sonographer will use this special camera to take pictures of my heart. I can ask the sonographer if I can touch the camera.



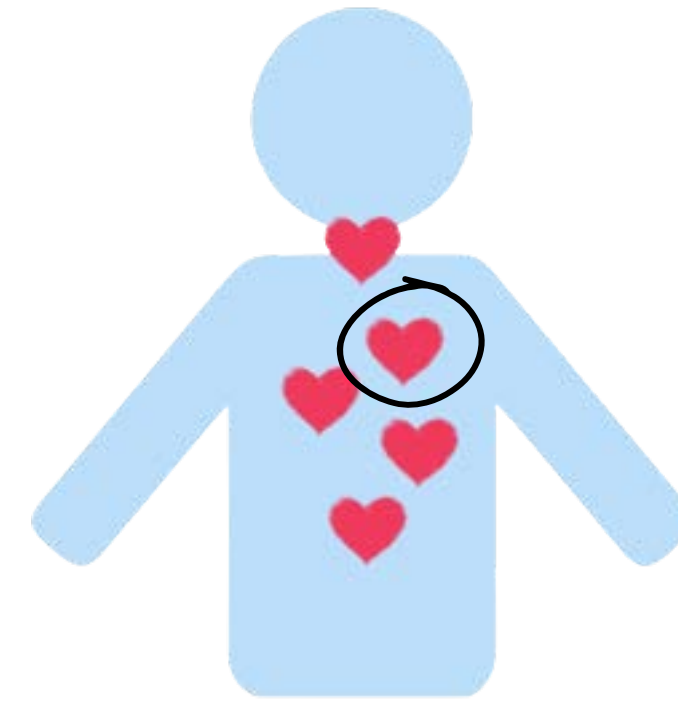
The sonographer will put gel on my body. It will feel warm. The gel will help the camera move while it takes pictures. They will wipe the gel off when I am done.



First, I will take pictures of my chest. I will lay on my left side. The sonographer will adjust the bed so I can be comfortable. I can put a blanket over my chest. I will keep my body still.

The bed may move up and down. I can hear clicks or beeps when the sonographer takes pictures.

When my chest pictures are done, the sonographer will wipe the gel off.

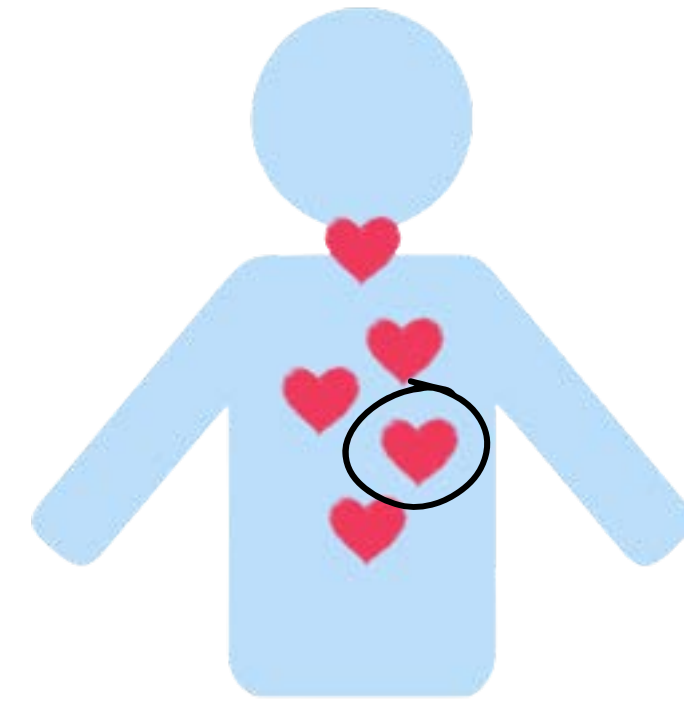


Then, I will take pictures below my breast.

I will lay on my left side. I can put a blanket over my chest. I will keep my body calm and still.

When my chest pictures are done, the sonographer will wipe the gel off.

Note to caregivers: We recommend talking about this with your child to let them know you will be in the room with them and this is a safe touch.

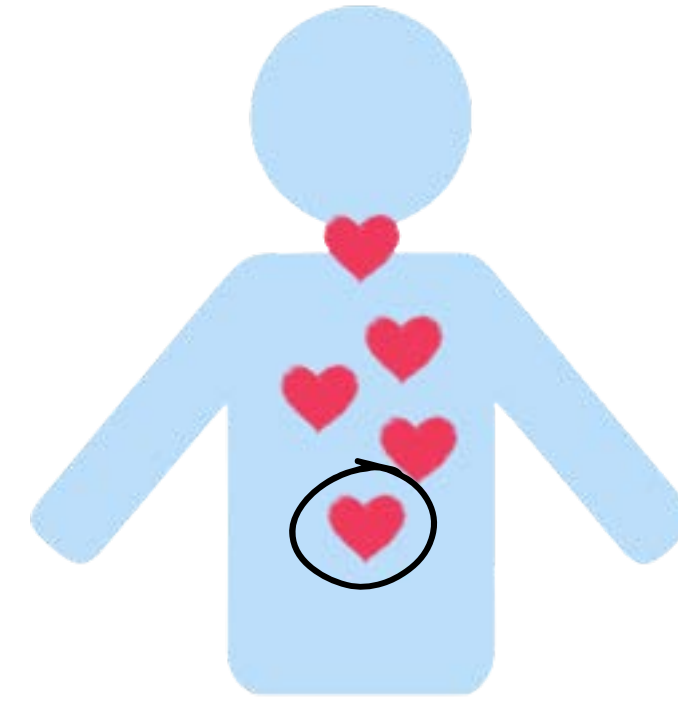


Next, the sonographer will take pictures of my stomach.

I will lay on my back and keep my arms at my sides.

I will feel some pressure. I will keep my body calm and still.

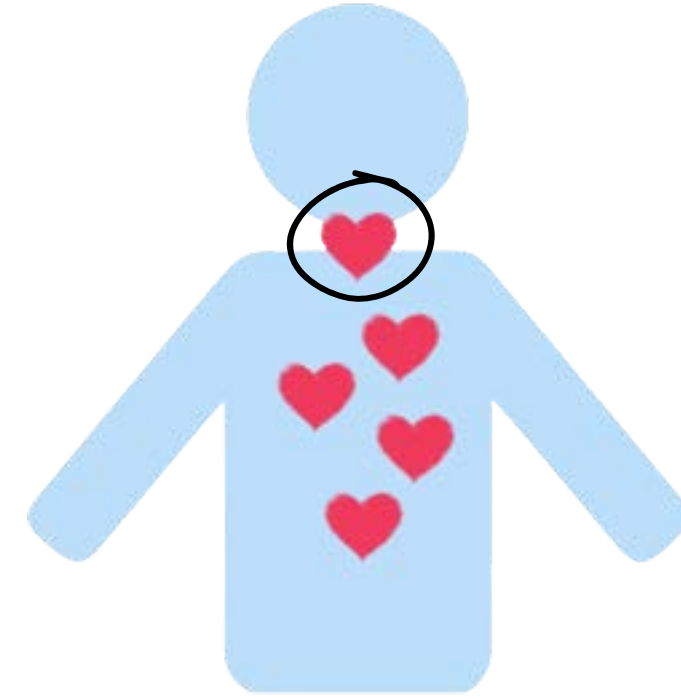
When my stomach pictures are done, the sonographer will wipe the gel off.



Then, the sonographer will take pictures of my neck. The sonographer will put gel on my neck.

I will lay on my back with a pillow under me and tilt my chin up to the sky.

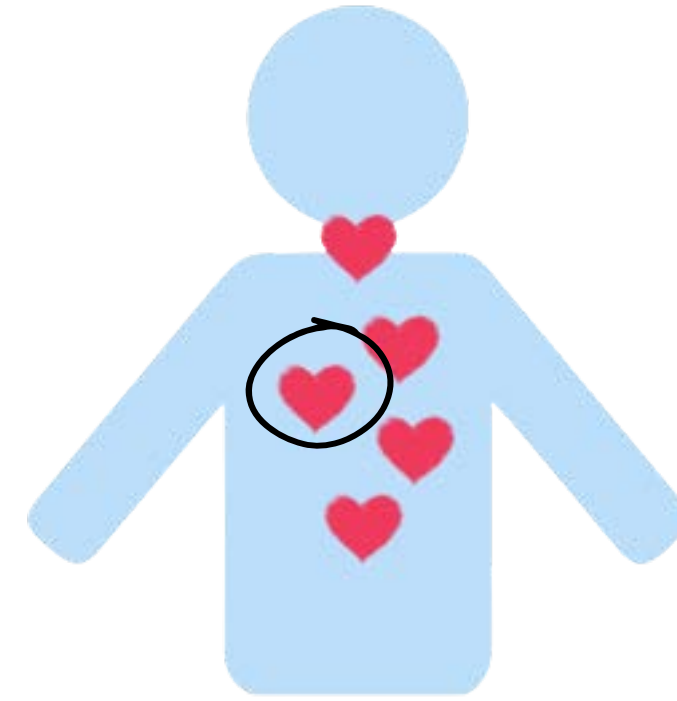
When my neck pictures are done, the sonographer will wipe the gel off.



The last picture is on the right side of my chest. I will lay on my right side.

The sonographer will adjust the bed and help me feel comfortable. I can put a blanket over my chest. I will keep my body calm and still.

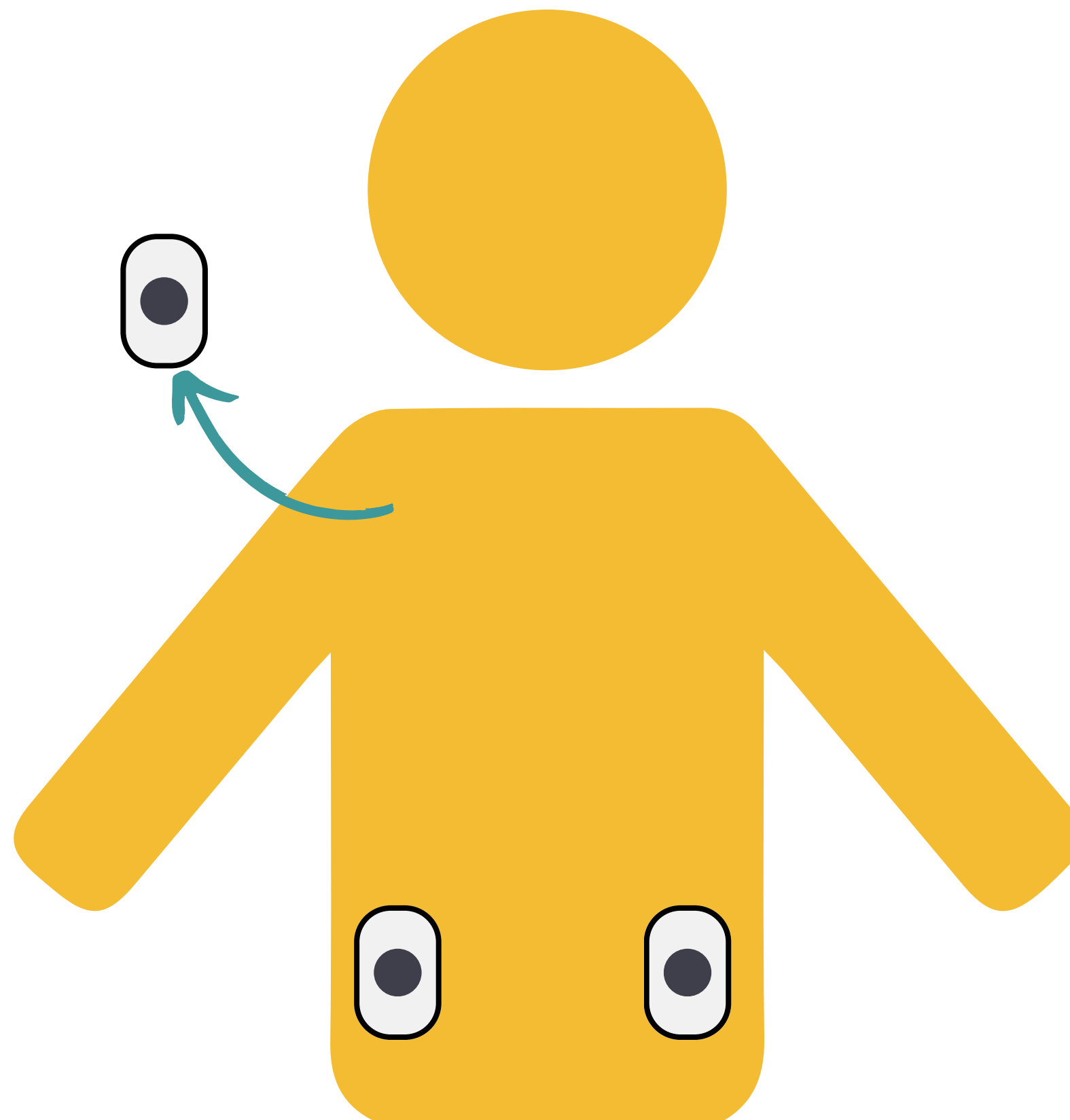
When my pictures are done, the sonographer will wipe the gel off.



I am all done with pictures.

The sonographer will take the stickers and strings off.

I can change back into my clothes.



I did a great job taking pictures of my heart!

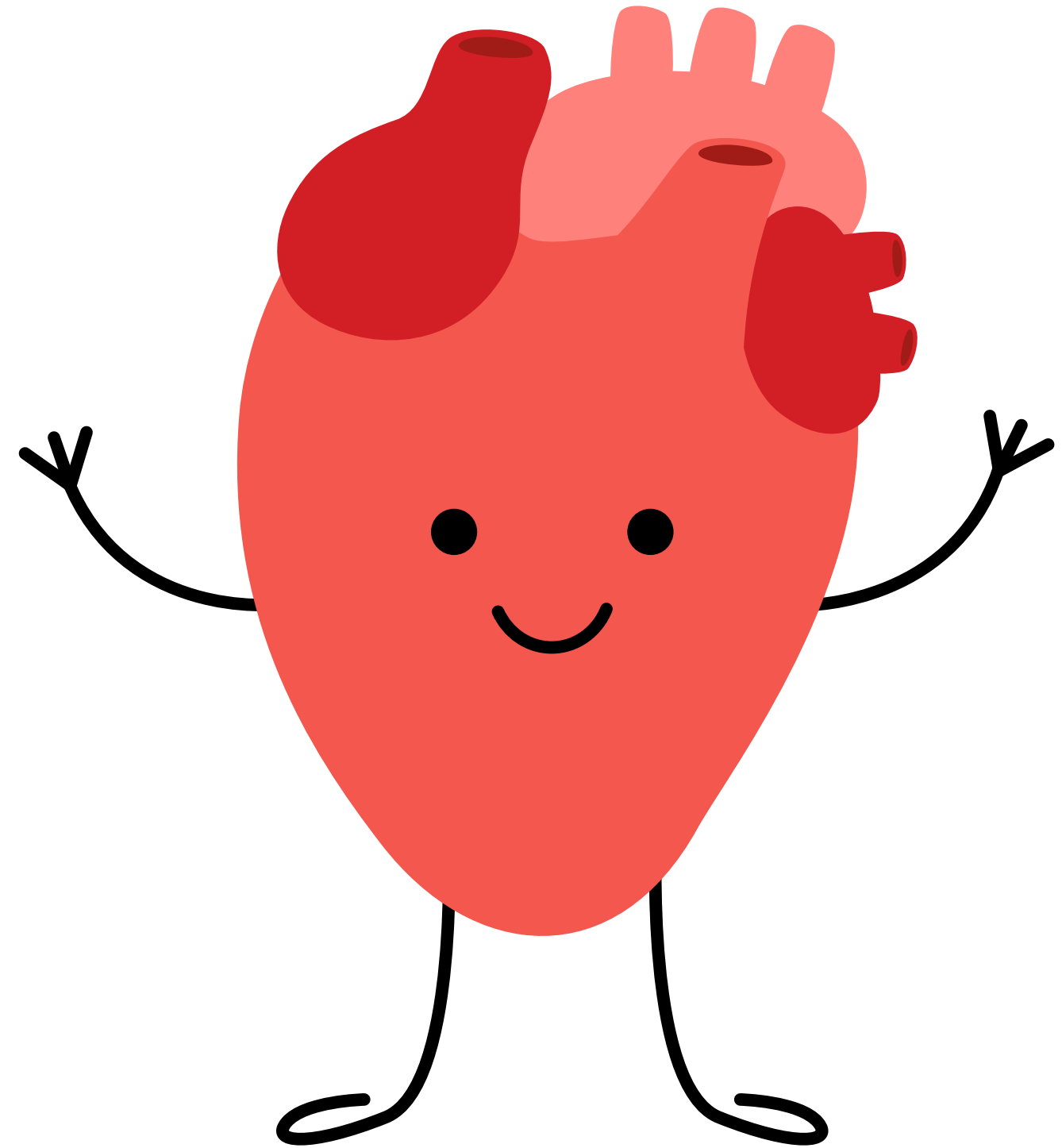
I kept my body calm and still.

Now it's time for *[insert reward here]*.

all done



The End

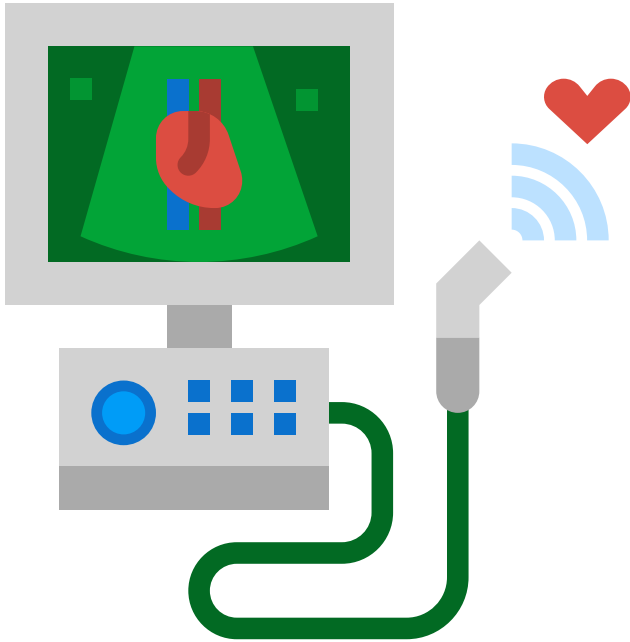



Note to caregivers: Please review the following pages for samples and templates of Frist-Then, reward charts, and a visual schedule.

Parents/Caregivers:

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

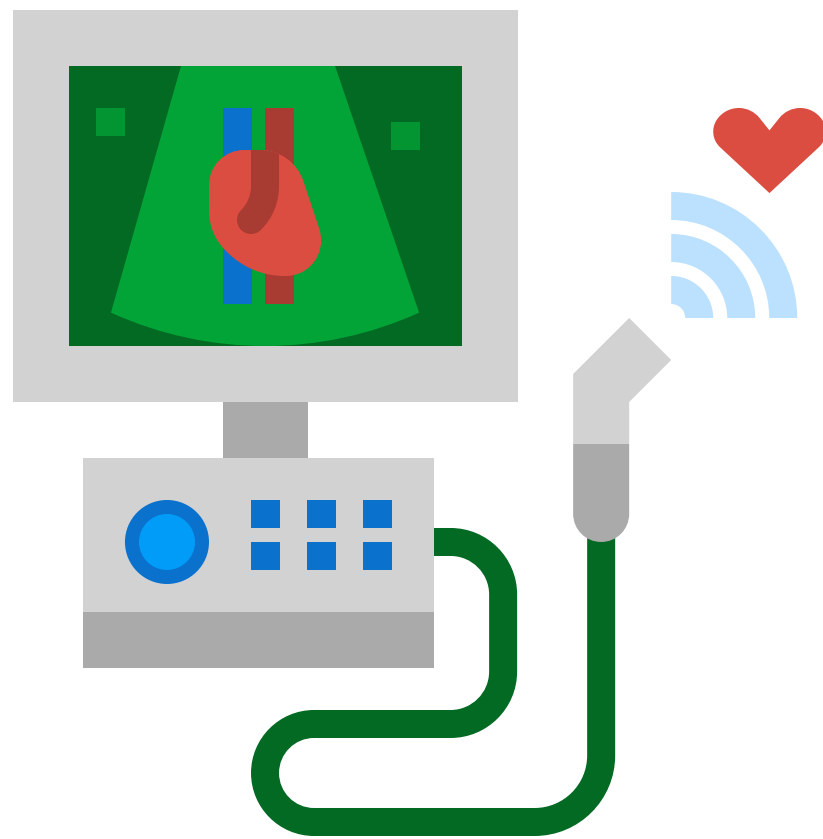
You can present this by saying, “First take pictures, then Switch.”

FIRST	THEN
	



FIRST

THEN



“First take pictures, then _____.”



A reward chart can help the child understand how they will earn their reward.

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, you will change into a hospital shirt.

Then, the sonographer will put 3 small stickers on you. The stickers might feel cold.

Now it's time to take pictures. You will lay on your left side. The sonographer will put gel on your chest. The gel will feel warm. When your pictures are done, the sonographer will wipe the gel off.

Next, you will take pictures below your breast. You will lay on your left side. When the pictures are done, the sonographer will wipe the gel off.

Next, the sonographer will take pictures of your stomach. The sonographer will put gel on your stomach. You will lay on your back and keep your arms at your sides. When your stomach pictures are done, the sonographer will wipe the gel off.

Next, the sonographer will take pictures of your neck. The sonographer will put gel on your neck. You will lay on your back with a pillow under you and tilt your chin up to the sky. When your neck pictures are done, the sonographer will wipe the gel off.

Next, you will lay on your right side. The sonographer will put gel on your chest. When the pictures are done, the sonographer will wipe the gel off.

You are all done with pictures. The sonographer will take the stickers and strings off, and you can change back into your clothes.

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

