



# I am going to take pictures of my heart

Electrocardiogram (EKG)



# 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 Electrocardiogram (EKG).

In this story we refer to Electrocardiogram (EKG) as a “pictures.” You can determine which language is best to use for your child.

The Electrocardiogram (EKG) may take up to 10 minutes. If your child would benefit from distraction activities while waiting or during the Electrocardiogram (EKG) appointment, please work with your Medical Assistant 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 Electrocardiogram (EKG). 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](mailto:autismfriendly@rchsd.org)

Sincerely,

**The RCHSD Autism Friendly Health System Initiative Team**

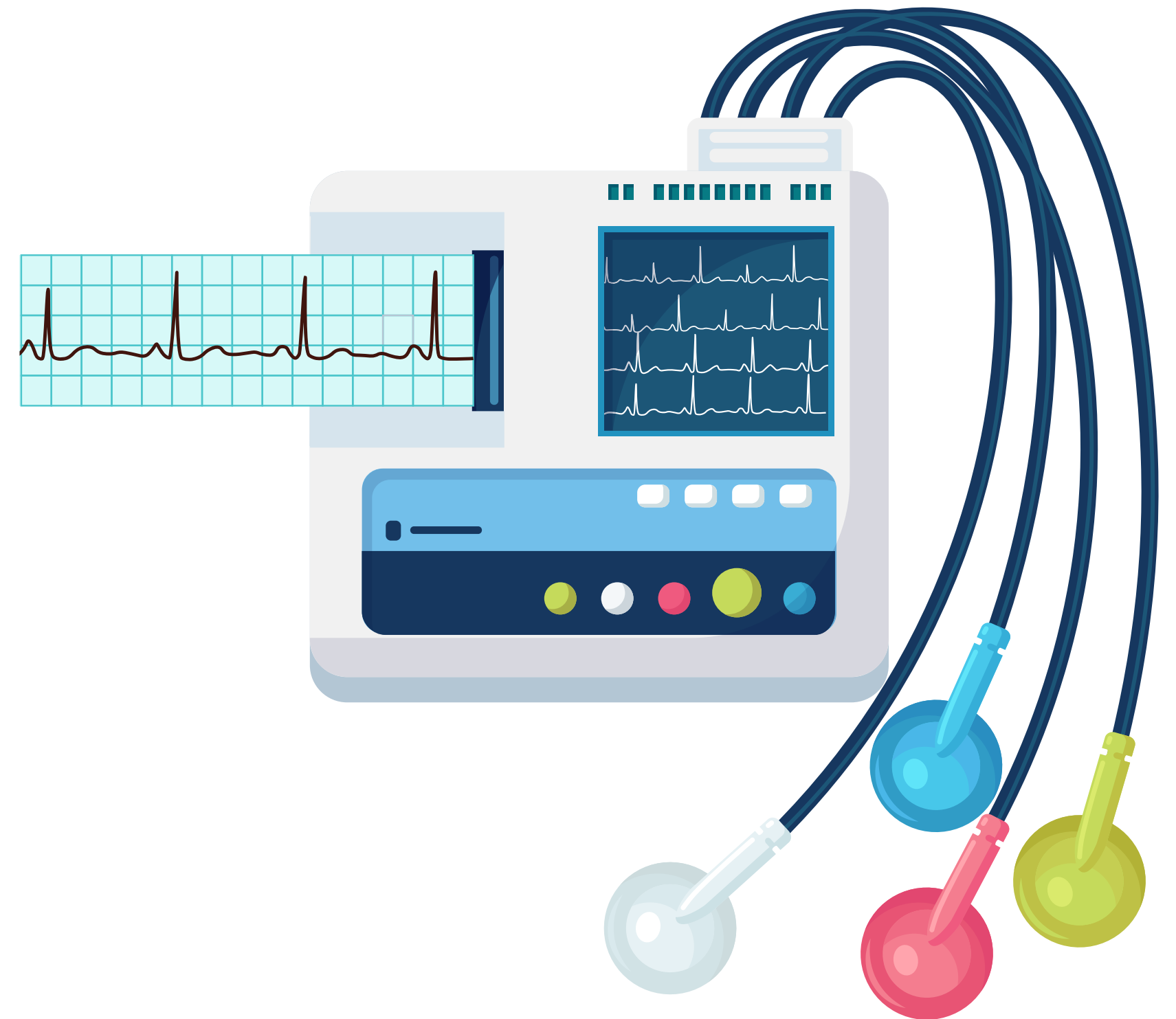


**I am going the doctor's office to take pictures of my heart.**

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

**The medical assistant will take the pictures.**

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**First, we will park the car.**

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

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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.**

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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]. The medical assistant will check how healthy my body is.**

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**It's ok to feel nervous.**

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



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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 Medical Assistant to determine what is feasible for your child's Electrocardiogram (EKG).





**I will lift up my shirt, or take it off.**

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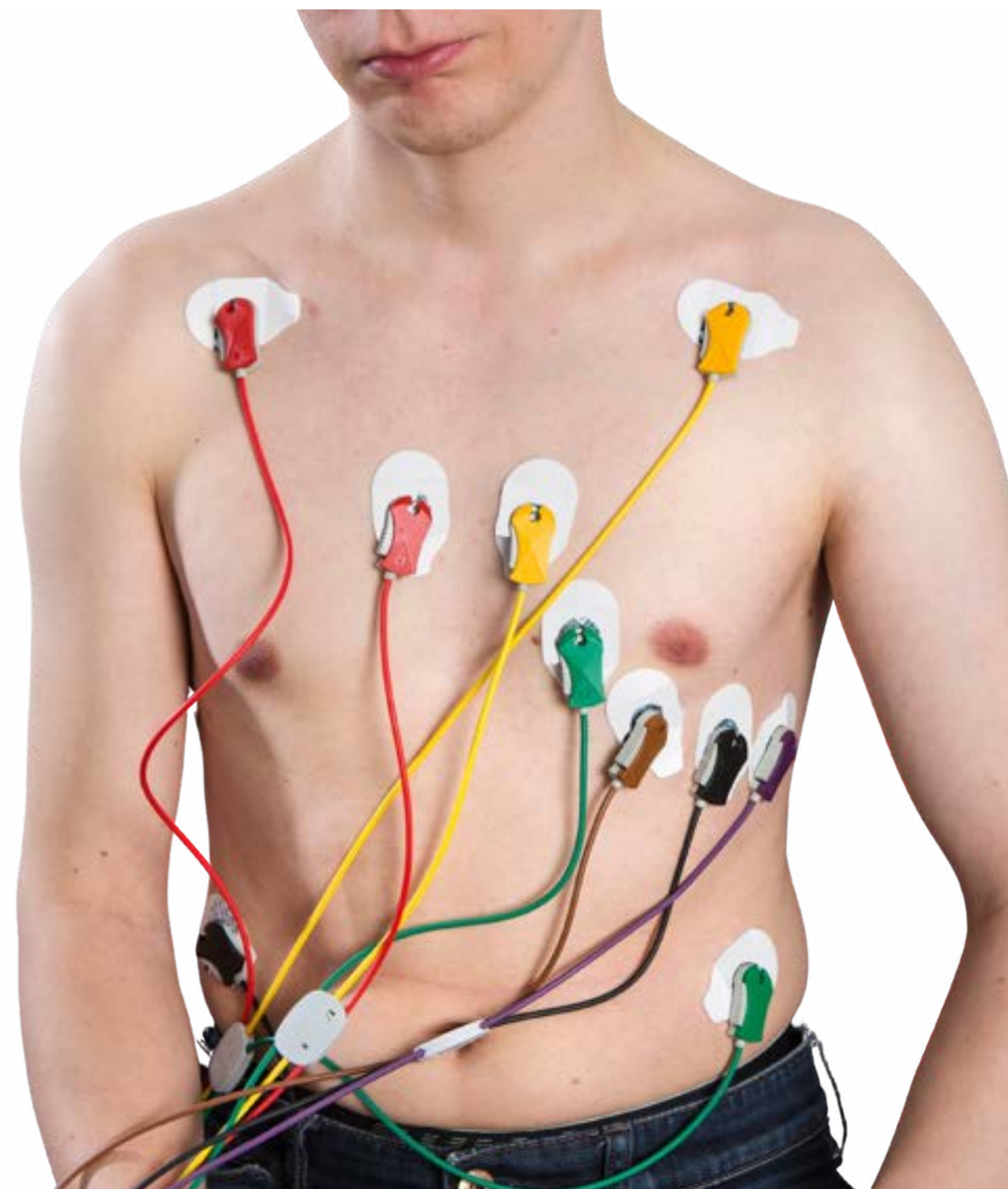


**Now it's time to put on the stickers.**

**I will lay down on the bed. The medical assistant will put about 15 stickers on me. The stickers may feel cold.**

**Then the medical assistant will connect the stickers to strings. This will not hurt.**

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**Now it's time to take pictures. I will keep my body calm and still. This will take 1 minute. The machine is quiet and will not hurt.**

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**I did a great job taking pictures  
of my heart!**

**I kept my body calm and still.**

**The medical assistant will take  
the strings and stickers off.**

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

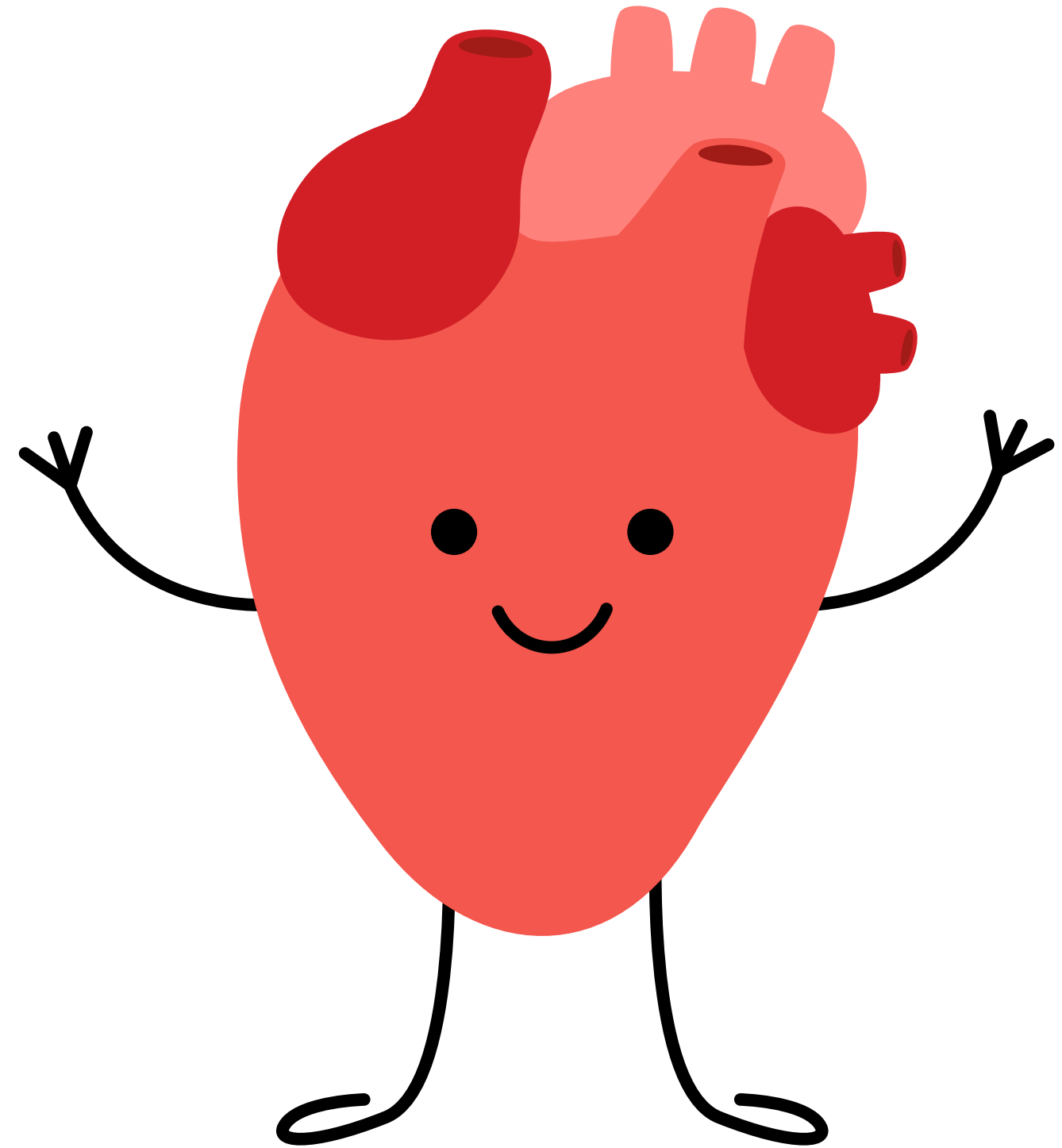
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**all done**



# The End

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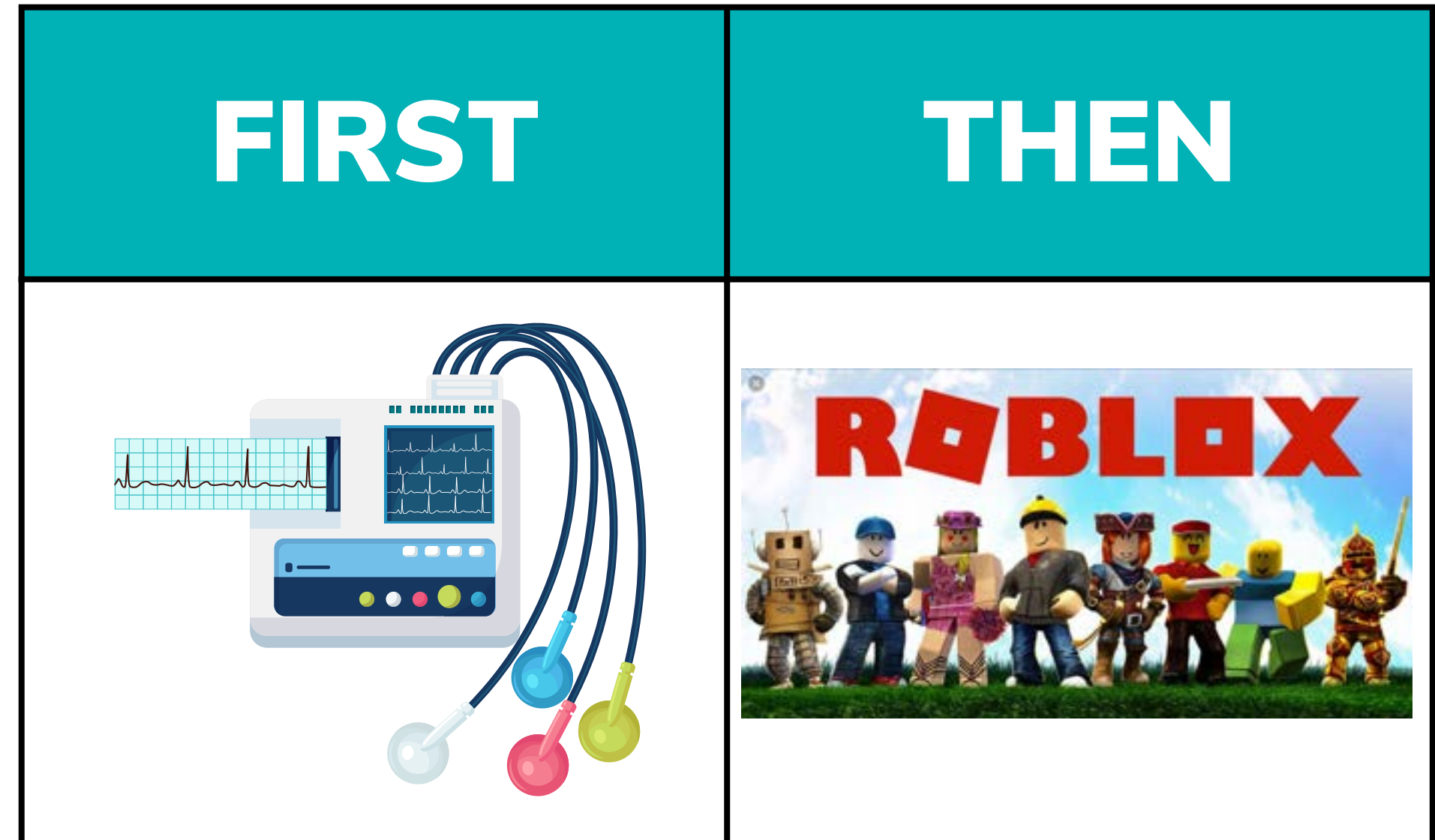


**Note to caregivers: Please review the following pages for samples and templates of Frist-Then, reward charts, and a visual schedule.**

Parents/Caregivers:

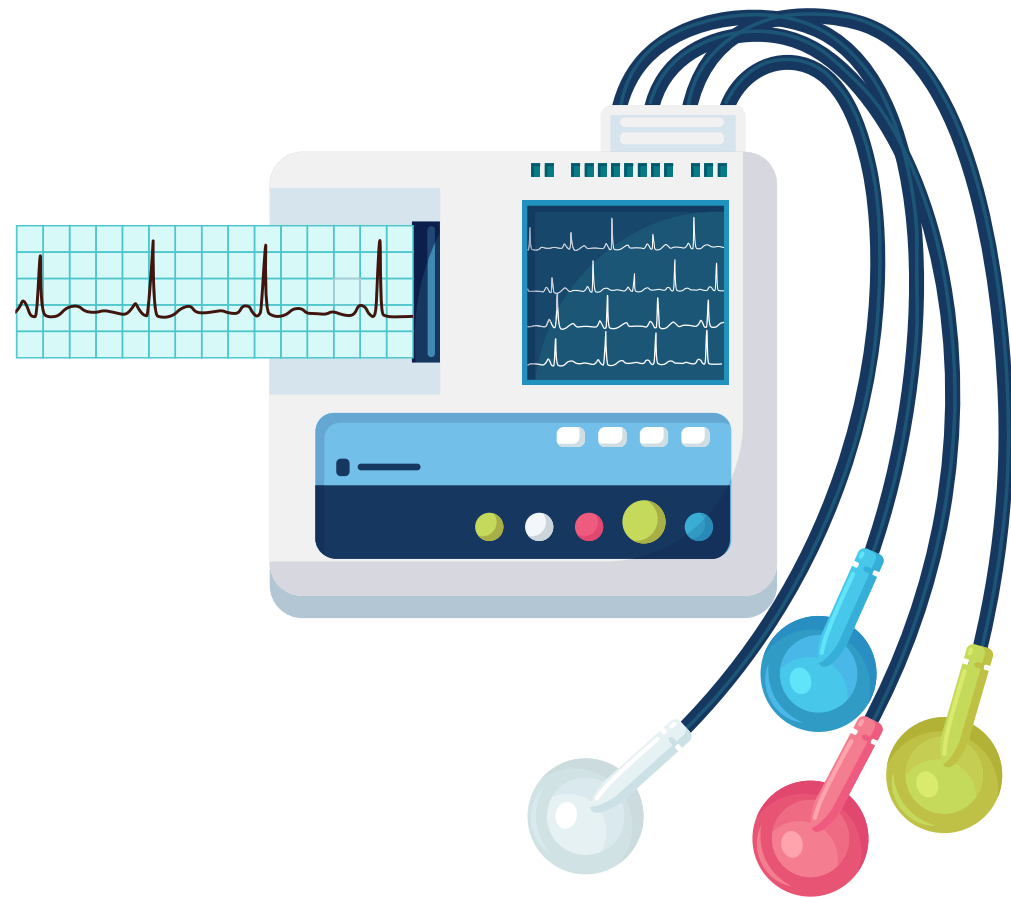
Here is a sample “first-then” visual if your child is earning a reward after an Electrocardiogram (EKG). Please use the template on the next page and add your own picture of the reward your child is earning under the word, “then.”

You can present this by saying, “First picture, then Roblox.”



**FIRST**

**THEN**



**“First picture, 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.**

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**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:

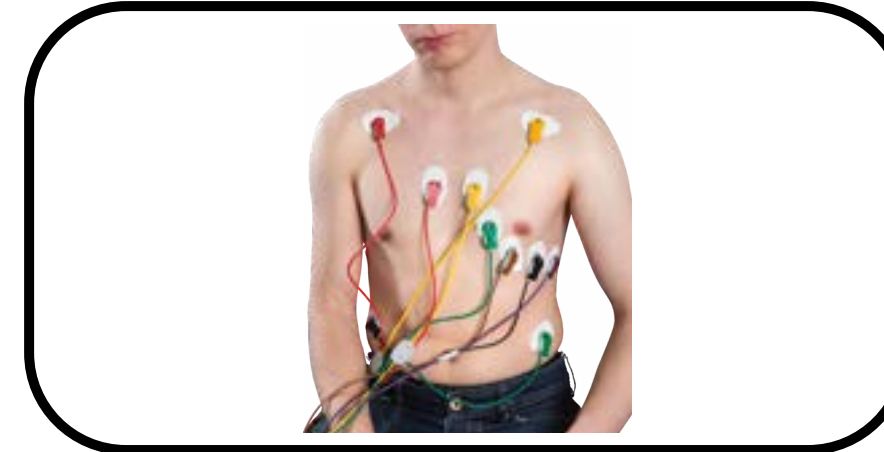
First, you will lift your shirt up, or take it off.

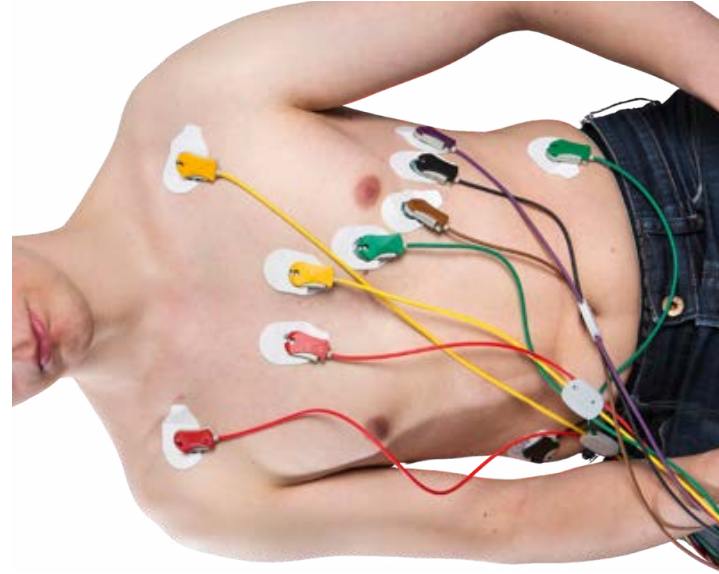
Next, the medical assistant will put 15 stickers on you and connect the stickers to strings.

Then, it's time to take pictures. You will keep your body calm and still. This will take 1 minute. It will not hurt.

Last, medical assistant will take the strings and stickers off.

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





**all done**

