



I am going to wear a special heart sticker

Event Patch



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 placing an Event Patch over their heart.

In this story we refer to Event Patch as a “heart sticker.” You can determine which language is best to use for your child.

This placement of the Event Patch may take up to 5 minutes. If your child would benefit from distraction activities while waiting or during the Event Patch placement appointment, please work with your Cardiovascular Tech (CVT) 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 Event Patch placement. 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 heart sticker, 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 wear a special heart sticker. The sticker will take pictures of my heart at home.

My doctor will look at the pictures to see how my heart is beating.





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



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 Cardiovascular Tech to determine what is feasible for your child.



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



**This is the special heart sticker
will go on my chest. It is the size
of a deck of cards.**

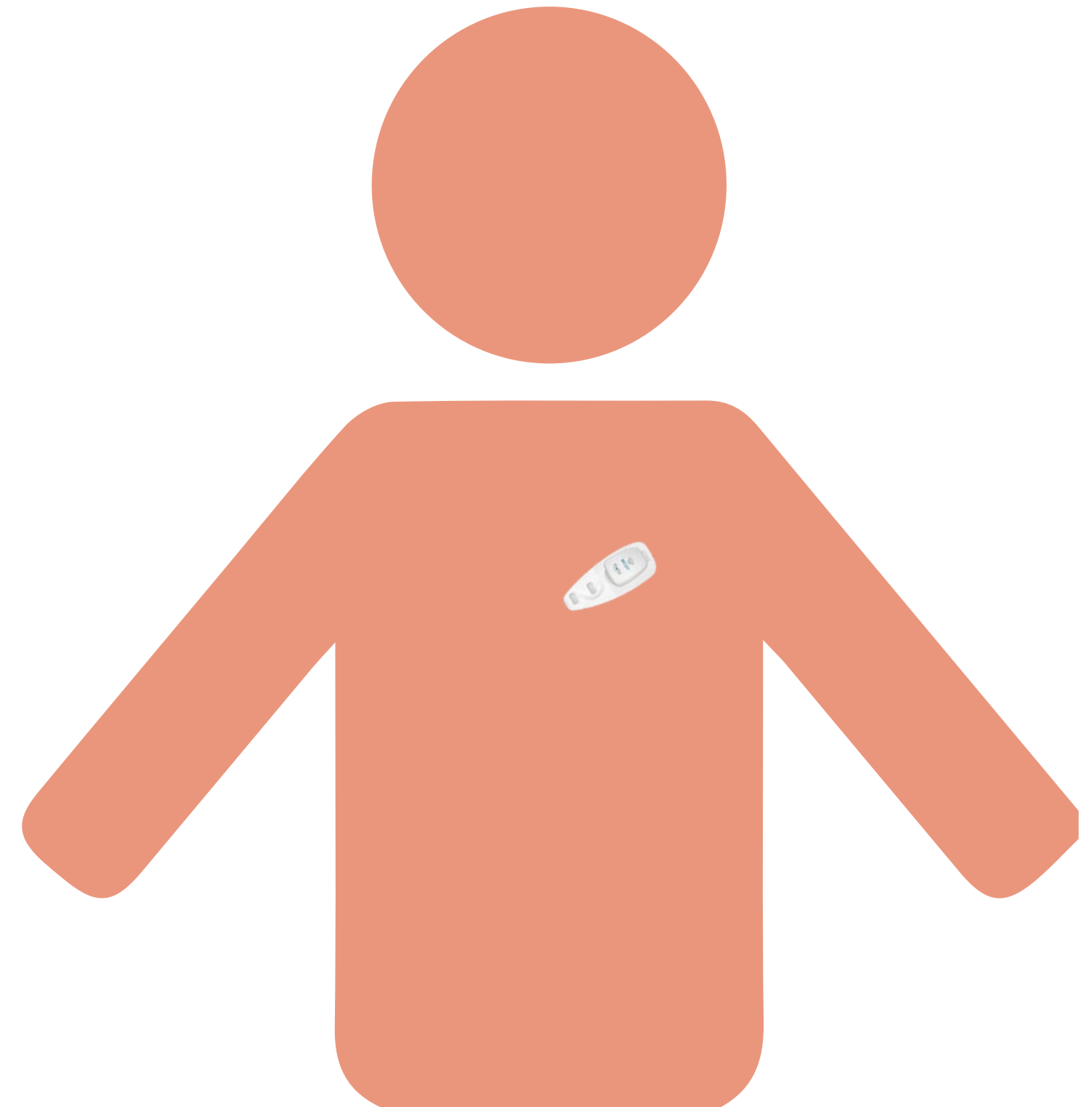
**I can touch it before they put it
on and tap it to see it light up.**



I will keep my body calm and still.

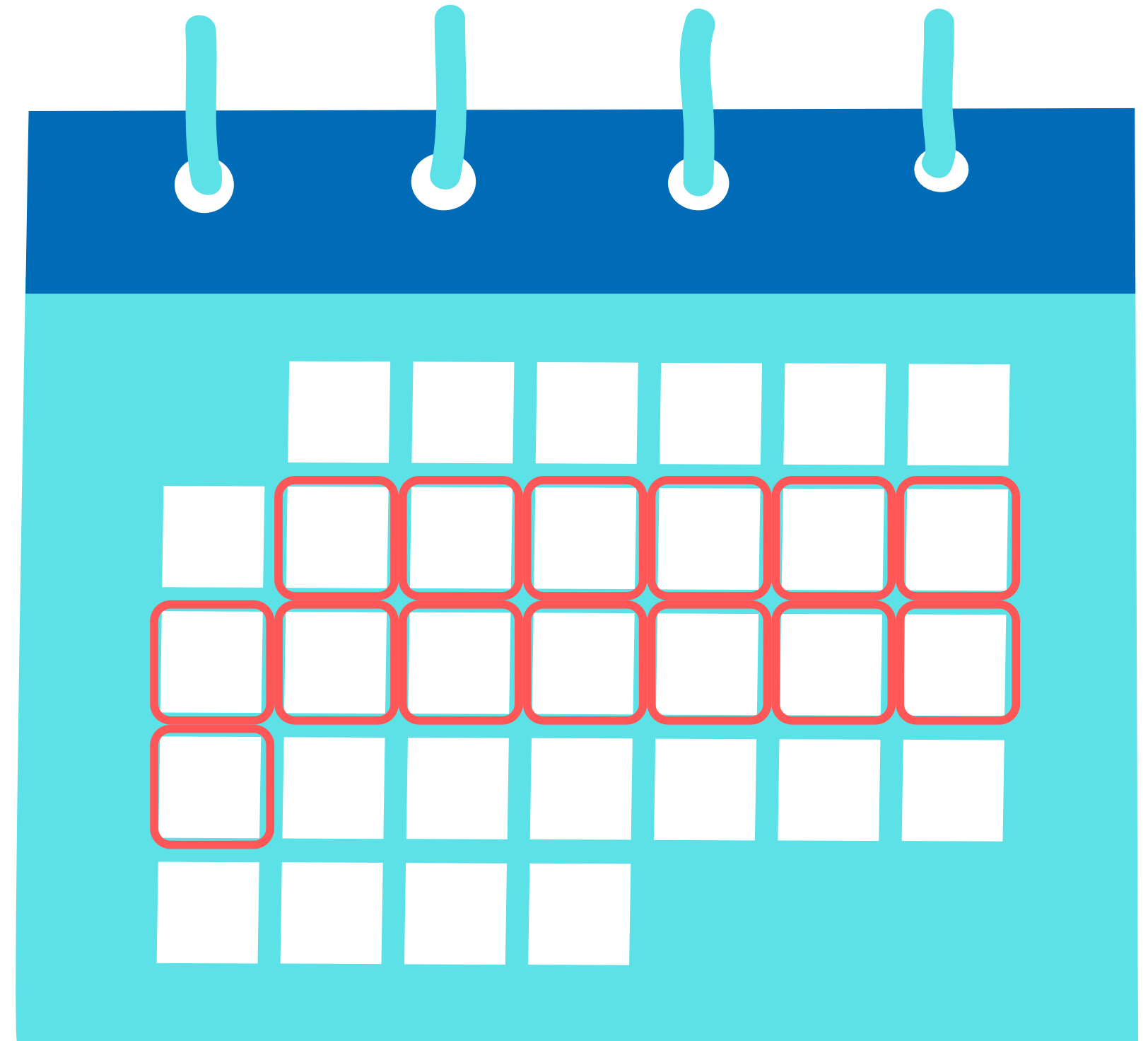
The Cardiovascular Tech will press down on the sticker to make sure it sticks to my body.

It will not hurt.



I will keep my body dry for one day. I will not shower or take a bath.

**I will wear the special heart sticker for ____ days
Then my [caregiver] will mail it back to my doctor.**



I did a great job putting on my special heart sticker!

I kept my body calm and still.

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

all done



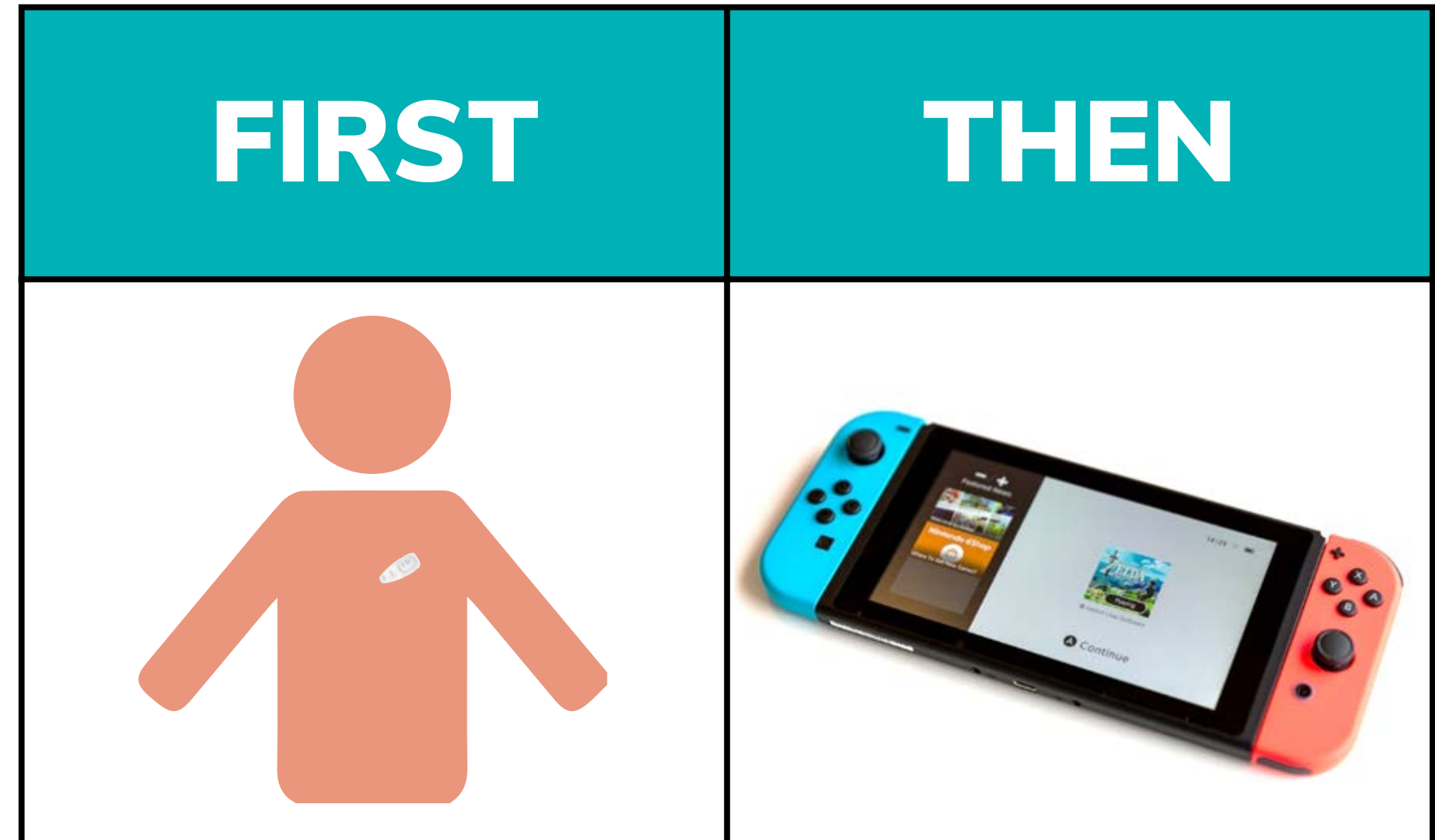
The End

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

Parents/Caregivers:

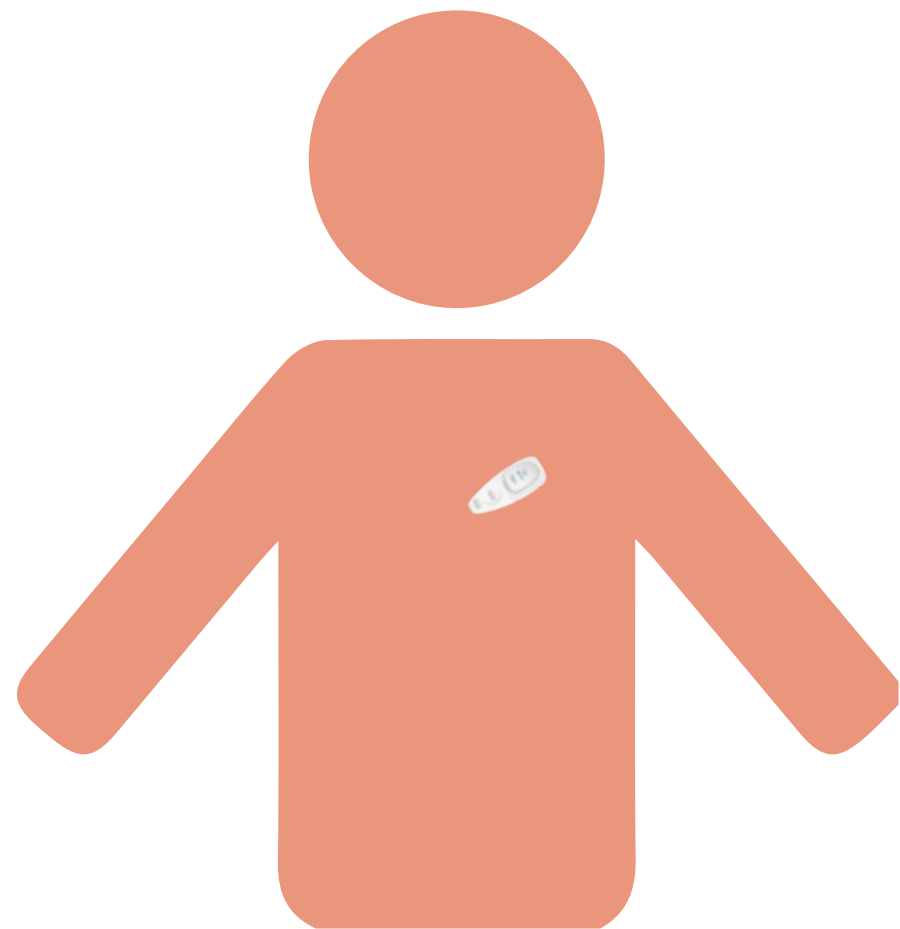
Here is a sample “first-then” visual if your child is earning a reward after an Event Patch placement. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “then.”

You can present this by saying, “First heart sticker, then Switch.”



FIRST

THEN



“First heart sticker, then _____.”

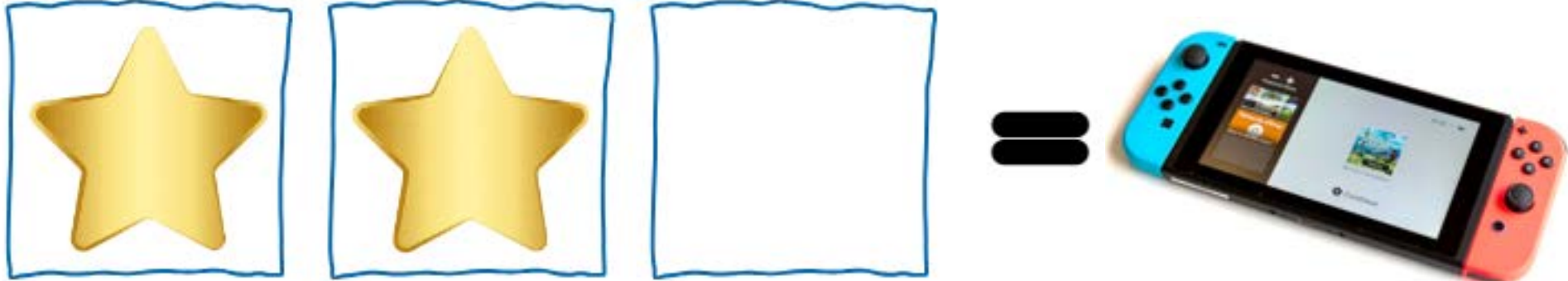


A reward chart can help the child understand how they will earn their reward.

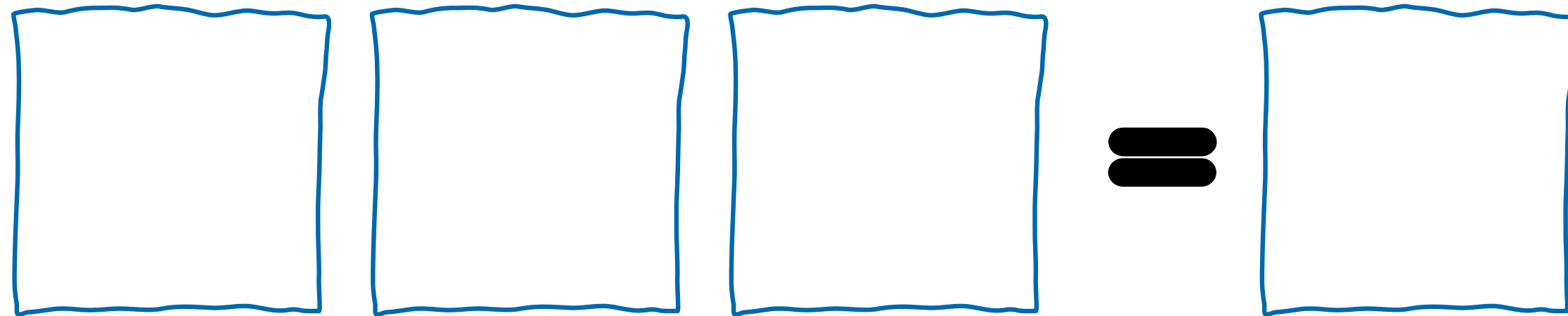
This can increase motivation to continue to wear the Event Patch.

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



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 check-in at the front desk and will wait until they call your name.

Next, they will call your name, you will walk back, and the medical assistant will check how healthy my body is.

Then, will lift up your shirt, or take it off.

Last, the Cardiovascular Tech will place the special heart sticker on your chest.

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

