



**I am getting my  
port accessed**



# 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 the 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 having their port accessed at the Hematology and Oncology Clinic.

Appointment durations will vary. If your child would benefit from distraction activities while waiting or during the appointment, please work with your nurse 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 the procedure. 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 poke, then [insert prize here]”).

We also recommend filling out the Autism Friendly Questionnaire in preparation for 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 to the hospital to get my port accessed.**

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

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

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**I will ride the elevator up to the second floor.**

**Then I will check-in at the front desk.**

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**Now I will wait until they call my name.**

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

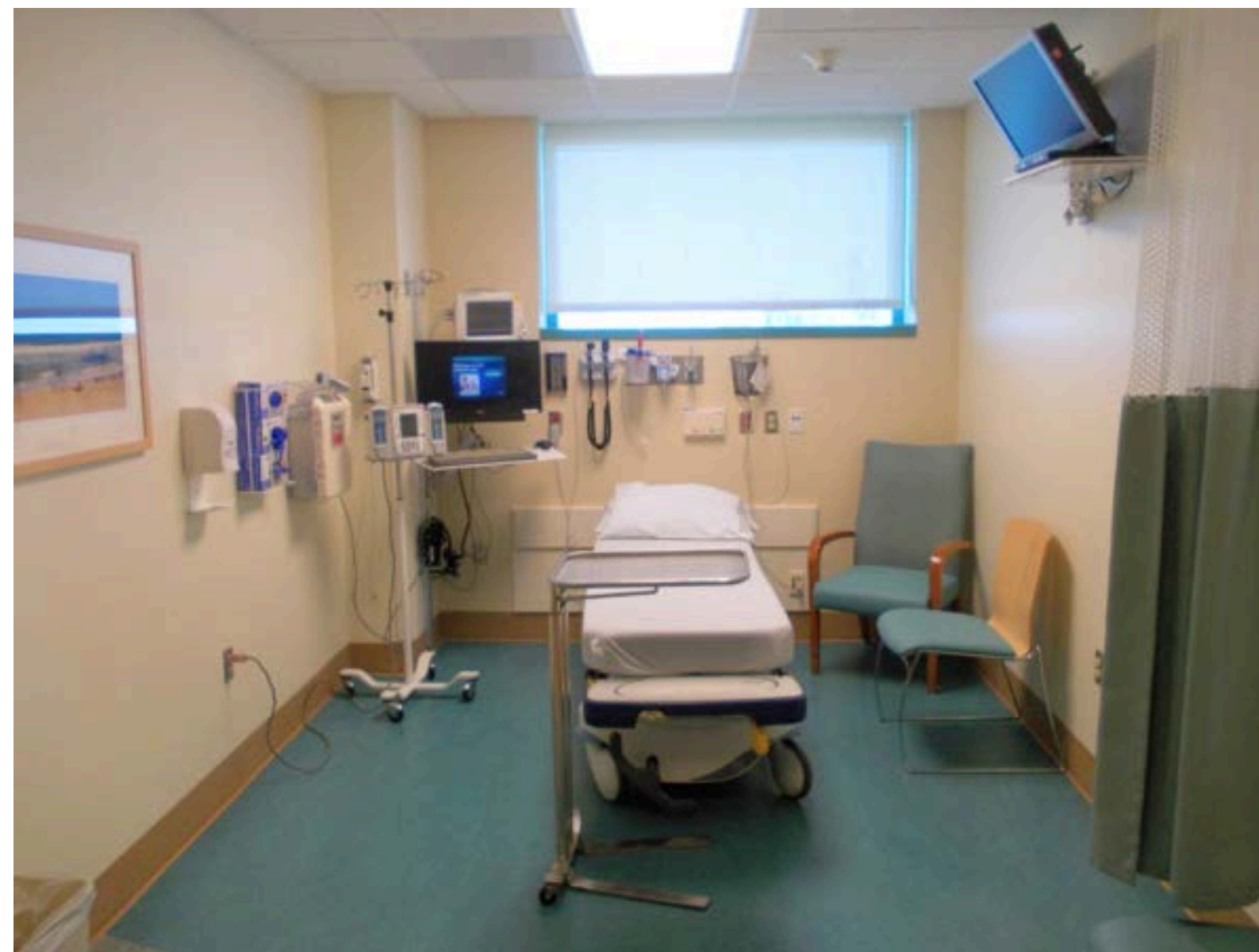


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Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

I will walk back to my room with my [caregiver].

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**I will take my shift off. Then I can lay on the bed.**

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Now it is time to access my port.

First, my nurse will take off the sticker and wipe off the cream with orange wipes.

The wipes will feel cold and wet.

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**Next, my nurse will clean with soap and count to 30. It will feel cool and wet.**

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**After cleaning, we take a 3  
minute break to let the soap dry.**

**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 \*\*\*





**I can not touch my nurse's gloves or my chest once it has been cleaned.**

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**Then my nurse will paint on gel.  
This helps keep my skin safe. It  
will feel sticky.**

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**Now it's time for the poke. I can lay on the bed, or sit on [caregiver's] lap. I will keep my body calm and still. I can [insert preferred activity] during the poke.**

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**The nurse will put a sticker over my tubes.**

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**Next, the nurse will get blood from my tube. This will not hurt.**

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**Last, the nurse will put water in my tube. It might feel cold.**

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**I am all done! I did a great job staying calm and still.**

**Now I can choose a prize!**

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*Note to caregivers: We recommend bringing a toy or other activity for your child while they are waiting for the cast to dry.*



# 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 getting a cast. 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 poke, then Switch.”**

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<b>FIRST</b>	<b>THEN</b>
	



**FIRST**

**THEN**

**“First poke, then \_\_\_\_\_.”**





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

**This can increase motivation during the appointment. They can earn a star after completing each step.**

**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

Five empty rectangular boxes followed by an equals sign and one empty rectangular box.



## Visual Schedule

*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, the nurse will clean with wipes and soap.

Then I will wait 3 minutes. No touching my chest or the nurse's hands.

Next, the nurse will paint on gel.

Now it is time for the poke. I will keep my body calm and still.

The nurse will put stickers over my tubes.

Next, the nurse will get blood from my tube.

Last, the nurse will put water in my tube.

I am all done! It's time to get a prize from the prize box!

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