

Peabody Cardiology Visit

My Hospital Story



Boston Children's Hospital

September 2016

I am going to Boston Children's at Peabody to visit a heart Doctor.



I will come into the lobby. I can take the elevators or the stairs to the 2nd floor.



I will go to the waiting room through the big glass doors.



I may need to wait in line to talk with someone at the front desk to let the lab know I am here.



We will sit down and wait. We might wait for a few minutes, or we might wait for a long time. While I am waiting, I can read a book, check out the fish tank, or sit quietly. Mom or Dad can help me find something to do while I wait.



When my name is called, it is our turn to walk back to a small room to check my height, weight, and temperature. I will meet a nurse in the room. The nurse will talk with me and ask me some questions, like my name and my birthday. Then the nurse will check my height.



Next the nurse will measure how much I weigh.
I will stand on a scale to be measured.



Next the nurse will check my blood pressure. I will remember to stay still while the blood pressure cuff gives my arm a hug.



When we are finished in the small room we will walk to a different room.



In this room, I will have an EKG test. An EKG takes a picture of my heart. My doctors want to take the picture to learn how my heart is working.



I will take my shirt off to have the EKG. I can choose to put on a hospital gown over my pants. It ties in the front. My parents can help me put the gown on too.



I will lie down flat on a hospital bed to have the EKG.



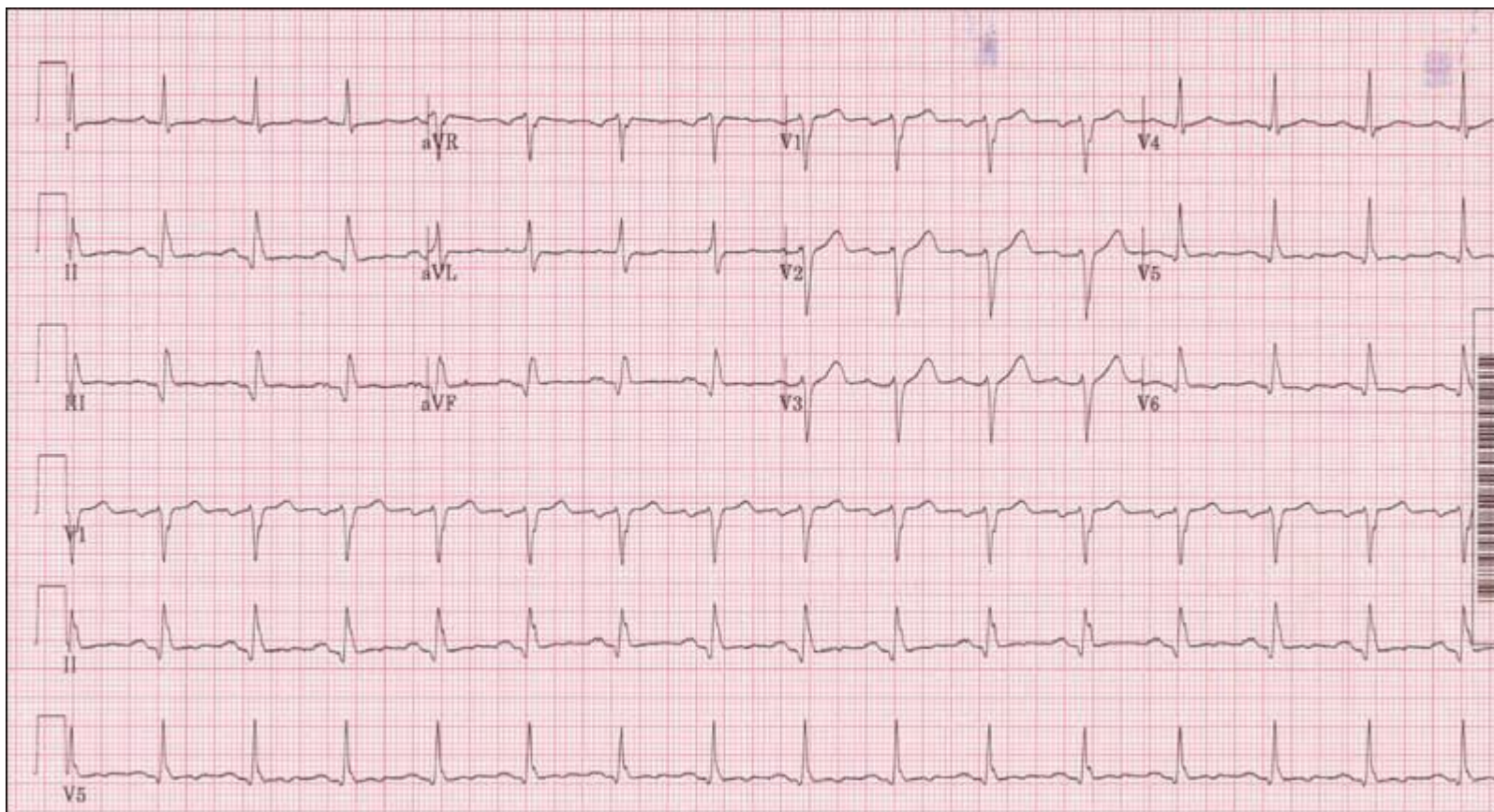
When I am lying down, the EKG technologist will place 13 small stickers that are called electrodes on my chest, back, shoulders, arms and legs. These stickers are connected by tiny wires to a machine that looks like a small computer on a stand with wheels.



My job is to stay still for a very short time while the EKG machine takes pictures of my heart. I can remember to stay still during the EKG test.



During the EKG, the computer will print out a piece of paper with squiggly lines on it that tells the doctor about my heart.



When the EKG is finished, the technologist will take the stickers off my body. I can help the technologist take the stickers off, take the stickers off myself, or have my mom or dad help me take the stickers off.



The stickers are really sticky, and they might hurt a little bit when we take them off my body but I will be okay. The EKG technologist has some special cream that can be put on the stickers to help them come off my skin more easily.



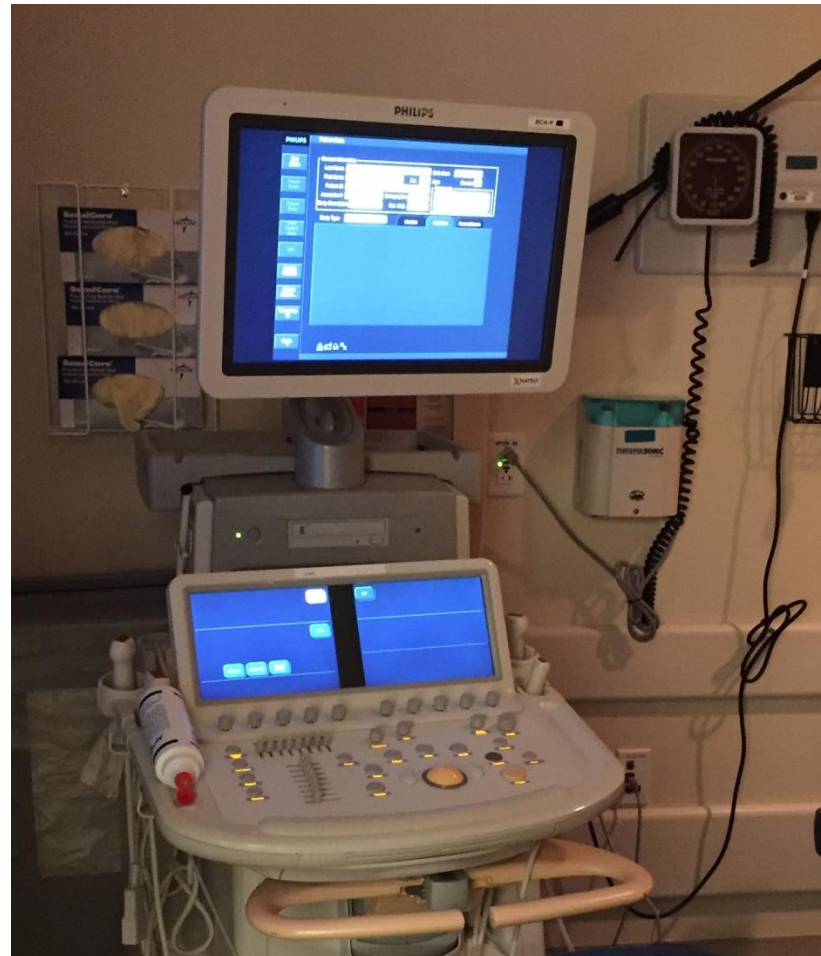
When all of the stickers are gone, the EKG is over, and I can get ready to go to a different room. Everyone will be so proud of me for doing a great job!



Next, I will walk to a different room.



In this room, I will have an Echo test. I may need to change into a hospital gown to get ready for my Echo. An echo is a picture of my heart. The picture is taken with a small, special camera that glides over my belly and chest. My doctors want to take the picture to learn about how my heart is working.



When it is my turn, a nurse will bring me to a room. I will take off my shirt, but I can leave my pants on. If I want, I can put on a hospital gown. The gown stays open in the front. My parents can help me put the gown on if I want.



Then, it will be time for my echo. The echo technologist will come say hello to me. This is the person that will take the pictures.



The room will need to be dark so the echo technologist can take the pictures.



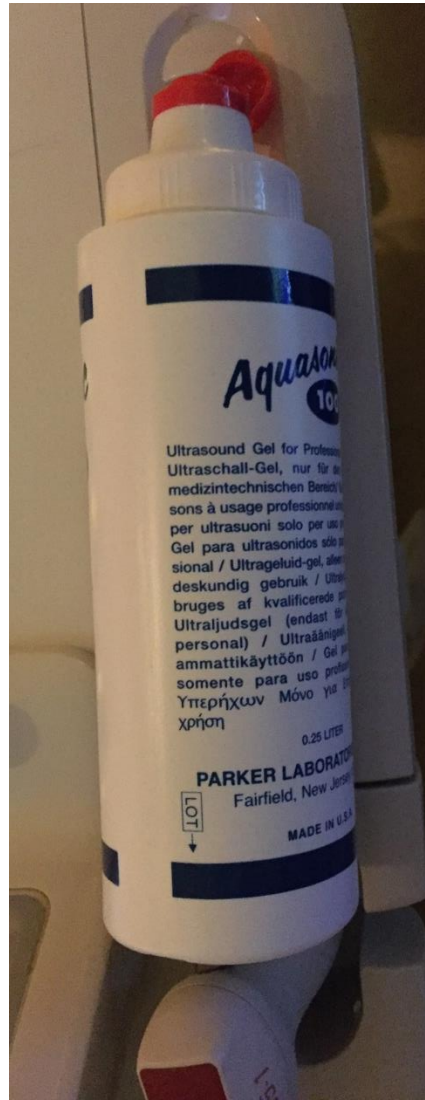
The echo technologist will put 3 small, round, white stickers on my chest. The stickers are called leads. The stickers on my chest will be hooked up to the echo machine so it can take the picture. The stickers might feel cool on my chest.



The technologist will ask me to lie on the bed on the left side of my body.



The echo technologist will put "belly jelly" on the end of the special, small camera. The "belly jelly" helps the special camera glide over my belly and chest area. The belly jelly might feel a little warm.



If I want, I can watch a movie while having my echo. My parents can bring a movie from home. Some kids say watching a movie really helps them during the echo.



If I want, I can also watch during my echo and see my heart on the computer screen. Some kids like to watch the screen during their echo.



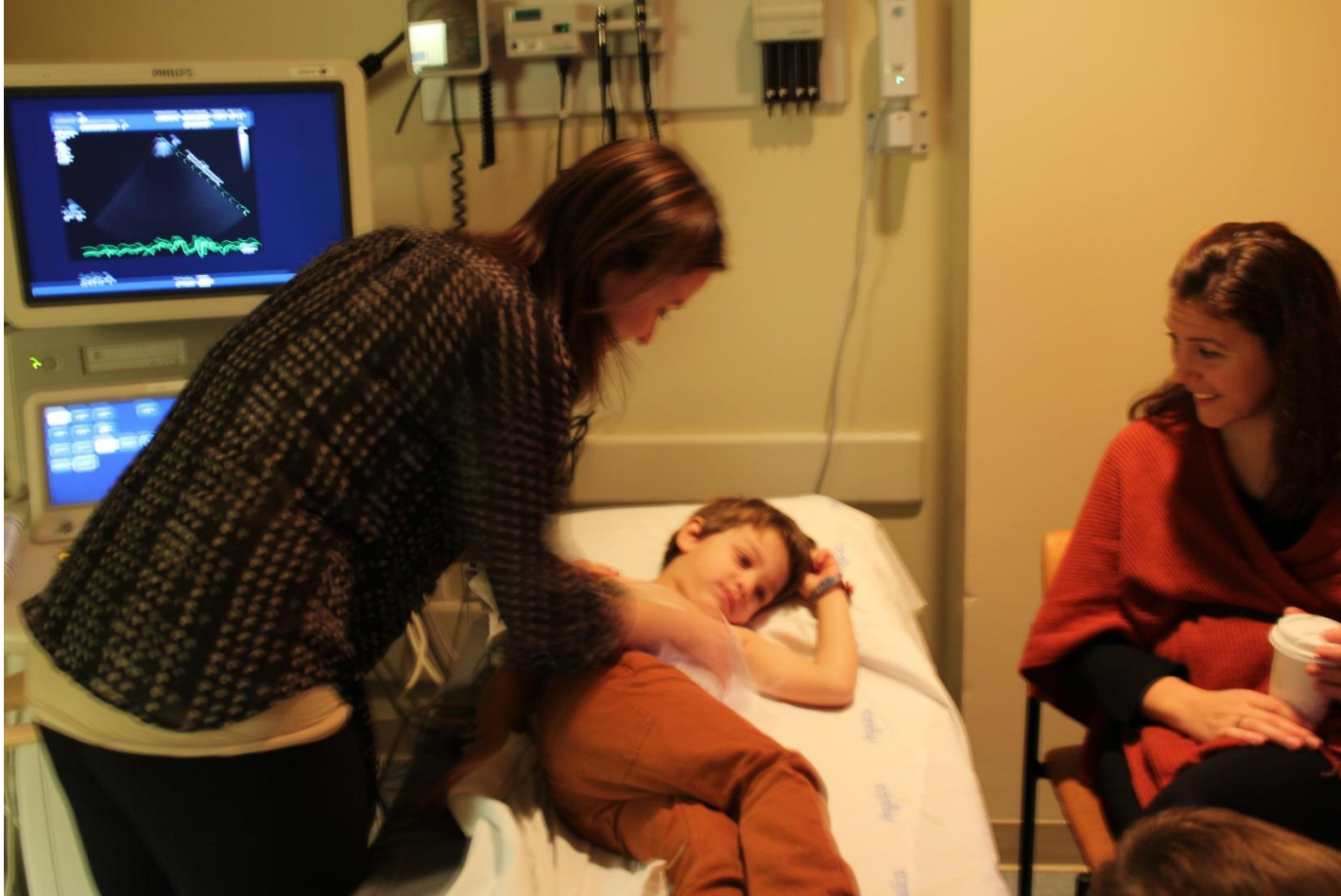
My job is to stay still during the echo and watch my movie or watch my heart on the screen. I need to stay still so the doctor can get great pictures of my heart. If I want my parent can lay on their side with me and give me a hug during the echo test.



An echo can take up to 1 hour. When the doctor has all the pictures they need the echo will be finished. The technologist will tell me when the echo is finished.



The technologist will use a washcloth to wipe off any extra "belly jelly" that is left on my belly or chest.



When I am all done with the Echo, I can put my shirt back on. Everyone will be so proud of me for doing a great job!



Next, I will walk to a different room.



I can sit in a regular chair next to my parent, I can sit on their lap or I can sit on the exam table.



The Doctor will come in to the exam room to see me and ask me and my Mom and Dad some questions.



The Doctor will ask to listen to my heart and lungs. I will remember to hold still.



Then the Doctor will say good bye. This means I am done. On the way out of the room, I can get a sticker, from the desk where we checked in, if I want to. Mom and Dad and my other friends will be proud of me for doing a good job holding still and following directions!



Developed By:
Autism Spectrum Center & Child Life Services