

ALL ABOUT ME

This book is about ME so that everyone at the laboratory can get to know ME better and what I need to feel safe and comfortable.

MY FAVOURITES:



Toy: _____



TV show: _____



Book: _____



Movie: _____








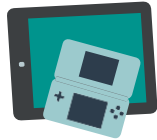



People who make me feel safe are:



Things that I brought with me to help me feel safe are:

- This is my first time at the laboratory
- I have been to the laboratory many times
- I have had many tests and procedures

WHEN I NEED A NEEDLE, I WANT (PLEASE CIRCLE):

 Information about numbing products	 Counting or singing	 Breathing or blowing
 Look away or eyes closed	 Looking or watching	 Use my tablet, phone or game
 Special toy or comfort item	 Fun bandages or stickers	 Sit with my special person
Other: _____ _____ _____		

SO WHAT IS MY JOB?

- Keep my arm still - I may need some help with this, please.
- Use my breathing - deep breath in through the nose and long breath out through my mouth
- Keep my brain busy with distraction, like playing on the iPad, or singing, or watching TV or a movie

HELPFUL HINT

PLAN TO DO SOMETHING SPECIAL AFTER THE NEEDLE TO RECOGNIZE HOW BRAVE YOU ARE.



Alberta Health Services



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MY COMFORT CARE PLAN

THIS BOOK BELONGS TO:

Alberta Precision Laboratories



Developed in Partnership with:
Child Life Services
Vi Riddell Children's Pain & Rehabilitation Centre
Alberta Children's Hospital



AHS Commitment to Comfort®



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PX-SC290 Attachment 3 Comfort Care Plan Rev 1.00

