

# Commitment to Comfort<sup>®</sup>

Promoting Comfort. Partnering Together. Every Time.



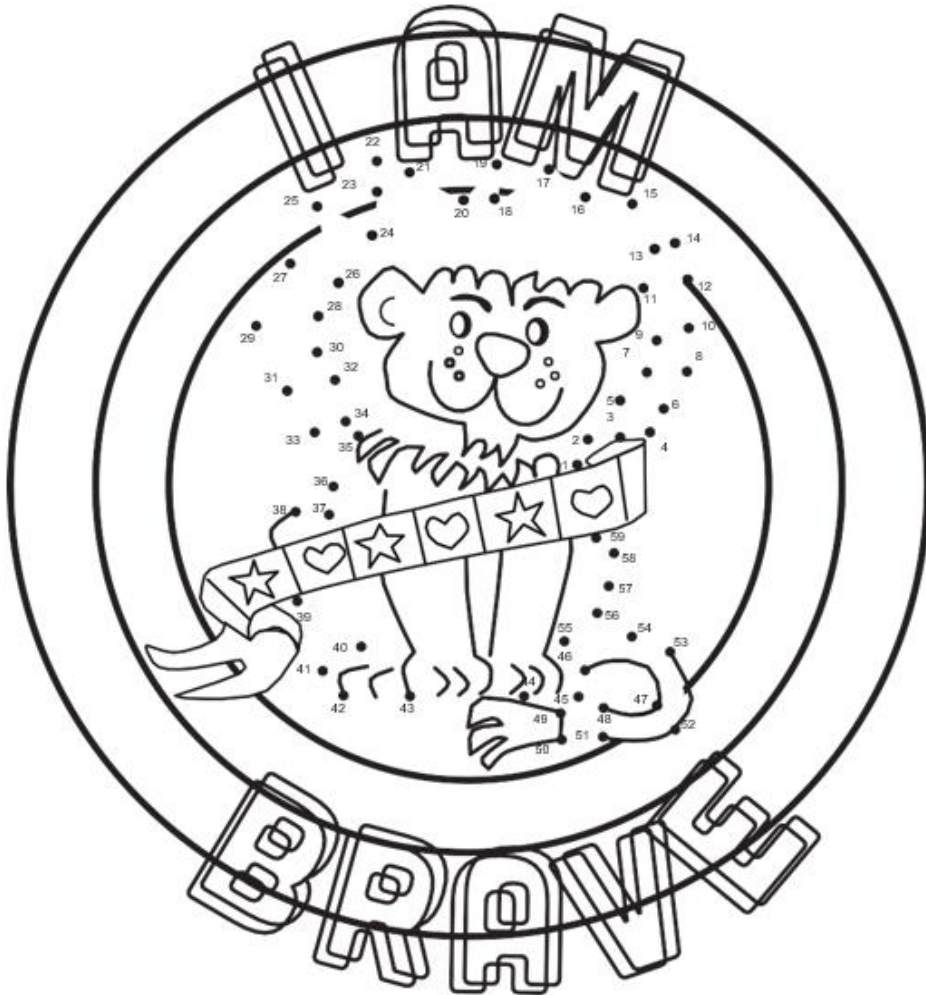
ALBERTA PRECISION  
LABORATORIES

Leaders in Laboratory Medicine

## MY COMFORT CARE PLAN

THIS BOOK BELONGS TO:

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**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