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Visiting the Glassrock Lab

Social Narrative

A note to caregivers:

This social narrative has been written to help you and your child prepare for your visit to the Glassrock Lab. Social Narratives are clearly written stories that paint a picture of a situation, event or activity. They can be used to increase understanding of a specific situation and help children prepare ahead of time.

This social narrative 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.

Read this first and choose what information you think will be helpful. Reviewing this with your child before your visit is helpful for many children. However, you may decide that a social narrative is not the best way to prepare your child. You know your child best.

If you decide the social narrative provides too much information and your child would do better with a visual schedule, please feel free to use the picture schedule that was also sent to you.

This story will go over the steps of coming to the Glassrock Lab to prepare for a lab draw.

Sincerely,

The UC Davis Health PATH Program Team

I am going to have my blood drawn today.

This will help the doctor know how to keep my body healthy.



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First, I am going to check in at the front desk.

The staff are happy to see me.



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Next, I will wait for my name to be called.



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Sometimes waiting can be hard.

While I wait I can play with...

(Insert child's preferred activities that you might bring from home)



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When my name is called, I will walk back to the treatment room with my (*insert caregiver*) and Child Life Specialist.

It is ok if I am nervous, everyone is proud of how brave I am.



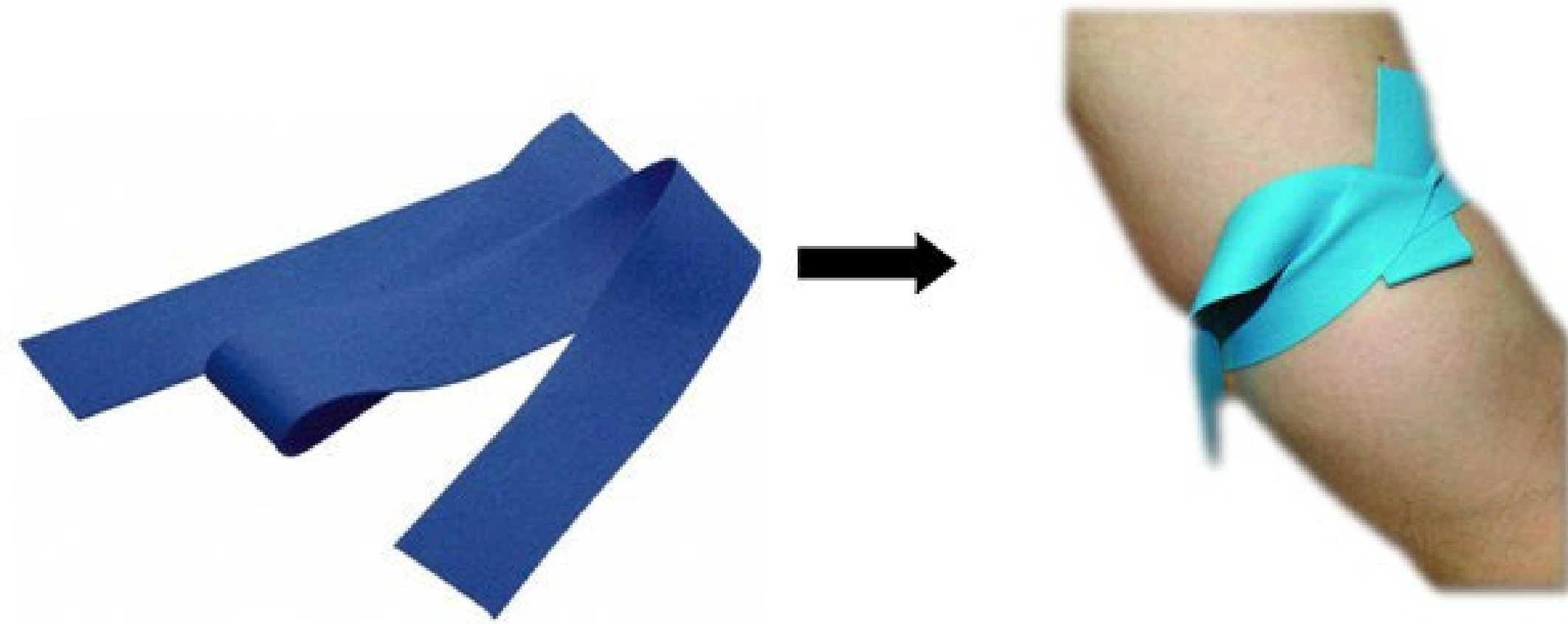
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Now it's time to start my lab draw.

The phlebotomist will put a stretchy blue band on my arm.

It will feel like a tight squeeze.



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Next, the phlebotomist will touch my arm to find the right spot.

I will try my best to sit still so they can take care of me.



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Now it is time to clean my arm.

It will feel cold and wet.



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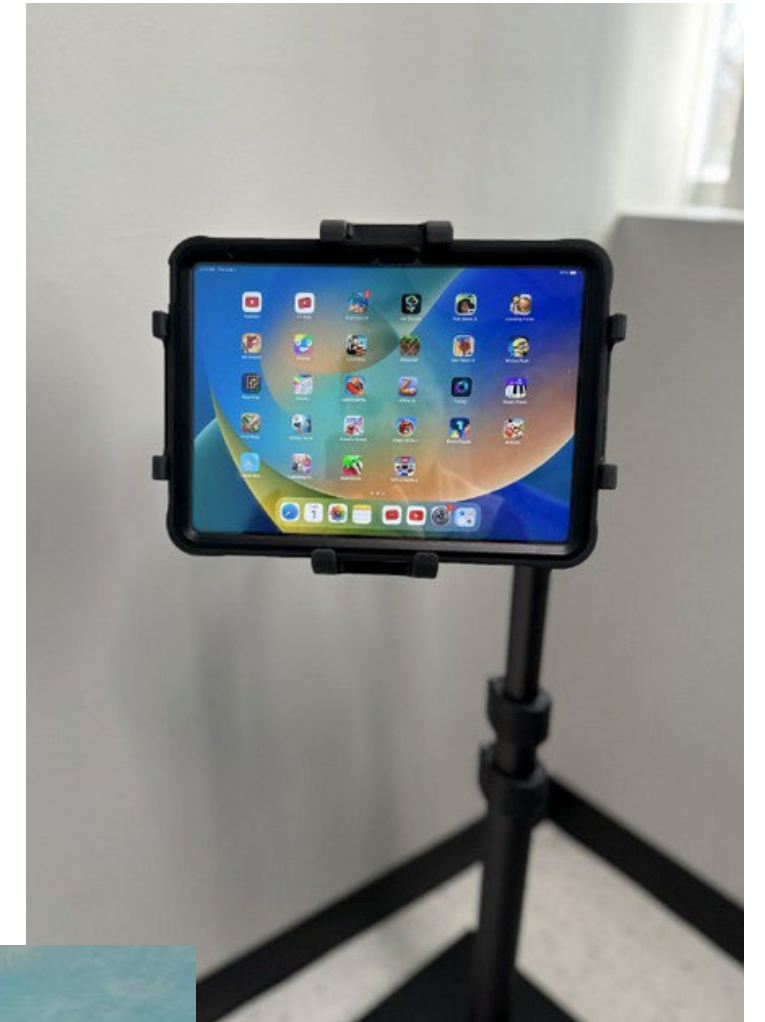
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Now that my arm is clean, it is important I do not touch it.

Instead, I can look at or play with...
[insert distraction item here].

Caregivers:

During the pre-appointment phone call with a Child Life Specialist, you will discuss possible distraction tools to support your child's coping during the appointment. Feel free to bring comfort items from home.



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Now it is time for my blood draw.

I will keep my body calm and still.

It will feel like a poke or pinch.

I can watch or look away and play with my...
[insert fidget/distraction item].

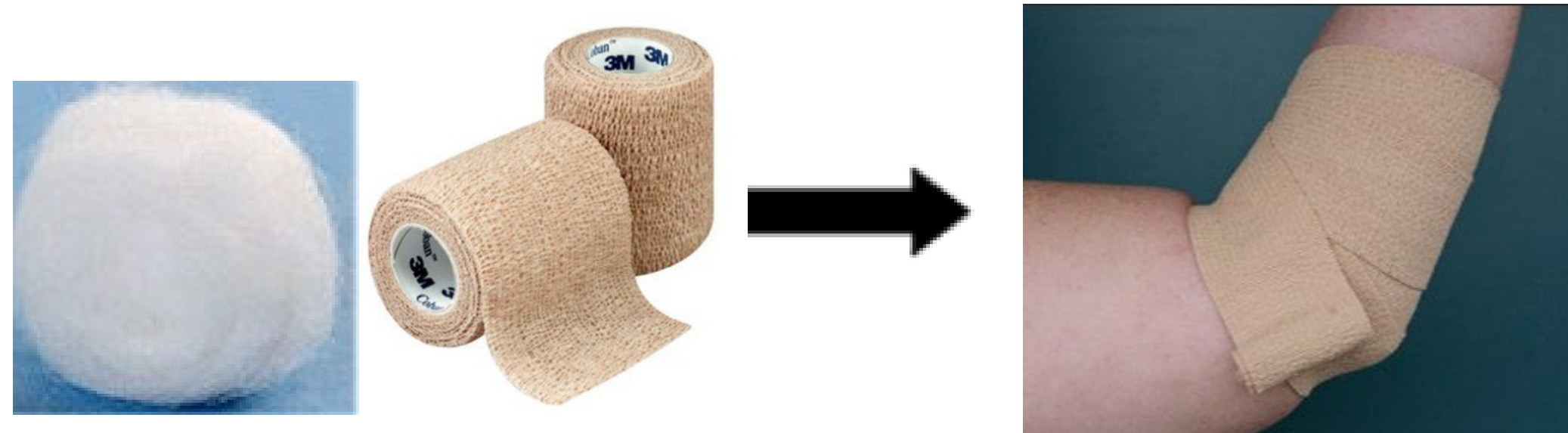


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Now, they will put cotton ball and stretchy bandage on my arm.

Everyone is proud of me being brave.



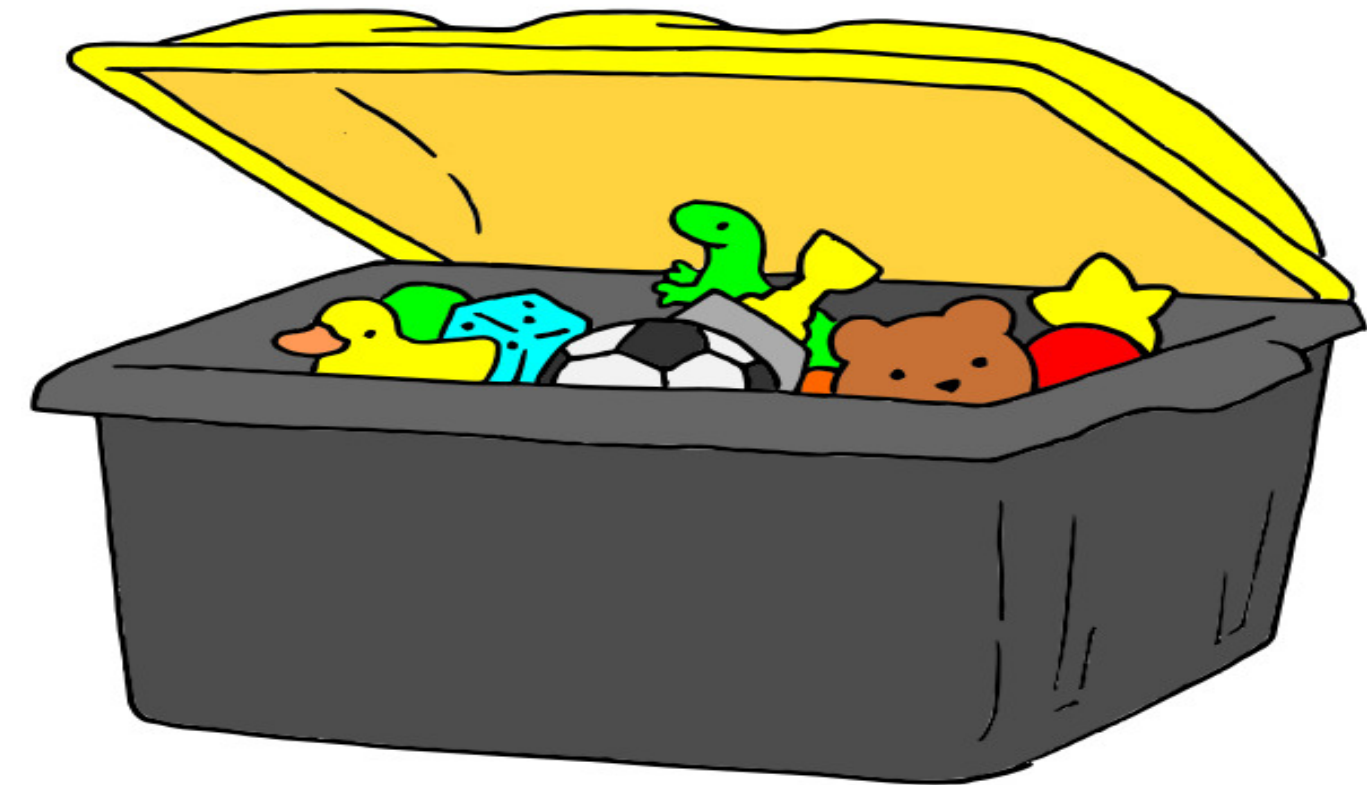
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I did a great job with my blood draw.

I am all done!

Now I can pick a prize from the treasure box.



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