



NHS
Royal Cornwall Hospitals
NHS Trust

CDSSG
CORNWALL
Down's Syndrome
Support Group

Working
Together

Going to Hospital

Part of the Looking Up series



Dear reader

We believe clear accessible information and good communication are key to reassuring children and young people with a learning disability or autism when planning hospital visits.

It is our hope that providing *Going to Hospital* as a free resource will open conversations and help to alleviate some anxieties associated with medical procedures.

Love from

Jane and Angie



This resource is supported by *Cornwall Treat me well*. *Treat me well* is a campaign to transform how the NHS treats people with a learning disability in hospital.



We are also grateful for the support of



The Cornwall Down's Syndrome Support Group

Email: co-ord@cdssg.org.uk | Web: www.cdssg.org.uk
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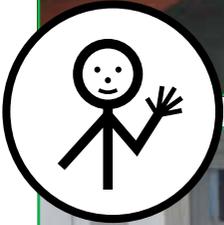
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Going to Hospital

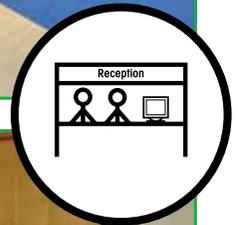


Thank you to all the children and young people who have helped to make this book possible.

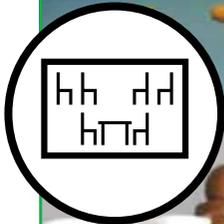
Entrance



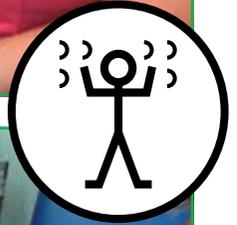
Reception



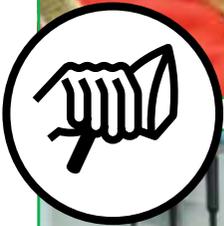
Waiting



Play Therapy



Oxygen Mask



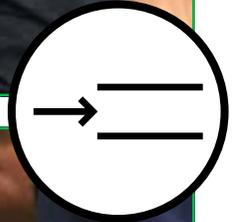
Name Band



Observations



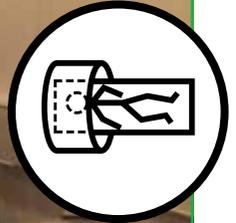
Getting Ready



Blood Samples



Scans



Medicine



Staying in Hospital



Toilet



Lift



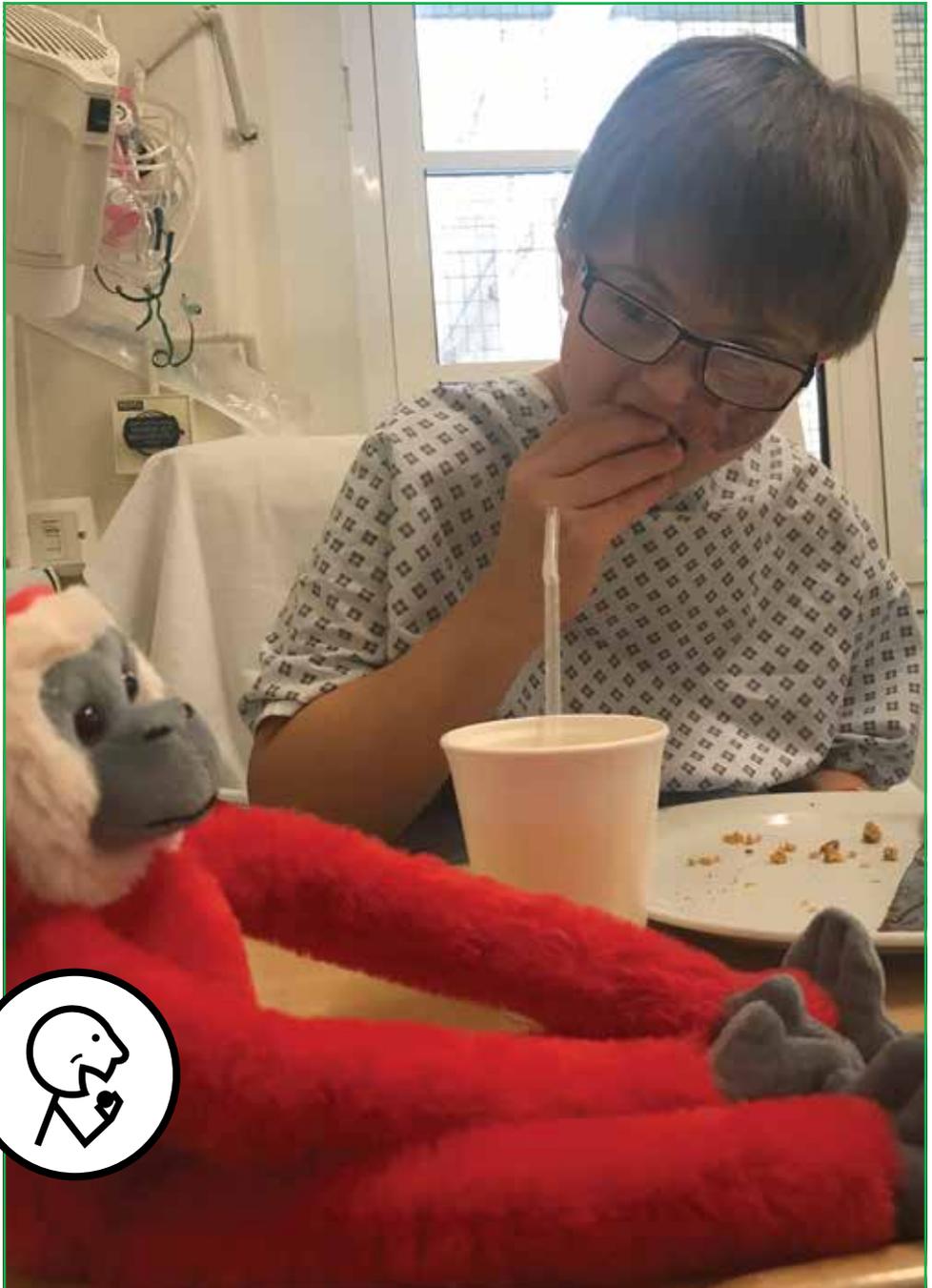
Help to go to Sleep



Waking up



Eating



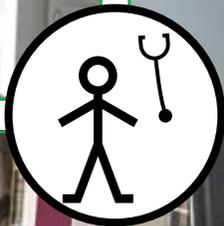
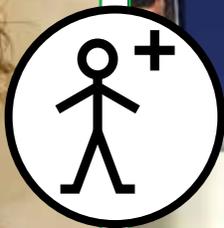
Sensory Room



Going Home



Nurses and Doctors



Learning Disability Team



Learning Disability Team at RCHT

Phone: 01872 254610, 07584 770351, 07827 097252

Email: rch-tr.LearningDisabilities@nhs.net

The learning disability team will try to ensure patients get high quality services while in hospital, real choice and control over their care. They will support access to the acute setting and make sure reasonable adjustments are provided where needed throughout a patient's stay.

#LD Pledge



Our Pledge for people with Learning Disabilities

The LD pledge is a promise that our staff make to you while supporting you

We promise:

To listen to you

To listen to your parents or carers

To try to find you somewhere quiet to wait, if possible

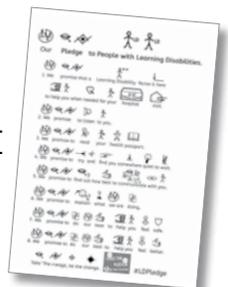
To find out how best to communicate with you

To explain what we are doing

To do our best to help you feel safe

To do our best to make you feel better

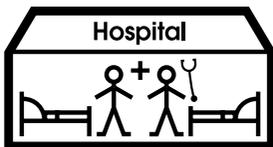
To do our best to treat you with respect



A Makaton version of the LD Pledge, with both symbols and line drawings of the signs is available in the free resources section of The Makaton Charity's website: www.makaton.org

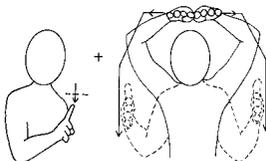
Based on the original LD pledge by Dr Elizabeth Herrieven and Laura Burton

Makaton symbols used in this book



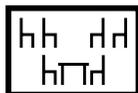
Hospital

Index finger traces cross on outside of arm



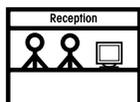
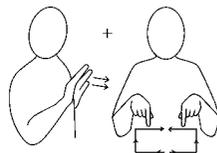
Hello

Make sign at shoulder height



**Waiting
Room**

Index fingers trace out shape
of room horizontally

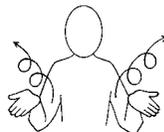


Welcome

Flex fingertips towards body
twice



To Play





**Mask
(Gas)**

Clawed hand held away from face, moves to cover nose and mouth



Blood Test

Dominant hand flows over non-dominant hand once – little finger and index finger changes to thumb and little finger as hand moves down with twisting movement from the eye



Name

Directional



CT Scan

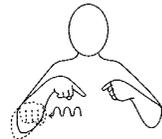
Fist moves anti-clockwise round head



**Temperature
Taken**

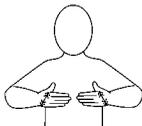


ECG



**Ready or
Begin**

Thumb taps sides of chest twice



Tablet

Index finger draws very small circle on palm





Medicine

Stir medicine: little finger makes circular movement just inside the top of non-dominant fist



To Help



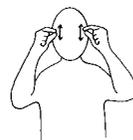
To Sleep

Eyes closed



Wake Up

Index fingers and thumbs spring apart



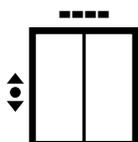
Toilet

Tip of middle finger makes contact with body and makes small discreet movement



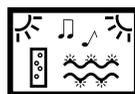
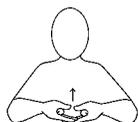
To Eat

Tap lips twice with emphasis



Lift

Formation moves up



Sensory Room

Sign as appropriate (eg touch and material or look and hear) – index fingers trace out shape of room horizontally





Nurse

Thumb traces cross on outside of arm



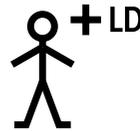
Goodbye

Wave hand



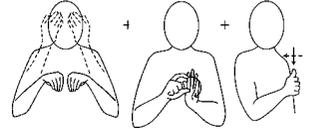
Doctor

With index finger and thumb, mime taking pulse



Learning Disability Nurse

Bunched hands move up and make contact with forehead
– Dominant hand makes 'D' against non-dominant index finger – Twist dominant hand forward pivoting on thumb tip
– Thumb traces cross on outside of arm



Some other Makaton symbols and signs



Blood Pressure

Mime wrapping pressure bandage round arm – Dominant loose fist moves from non-dominant arm to dominant arm as thumb pumps up and down on index



Good

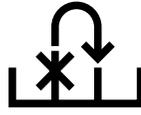
Use both hands for 'Very Good'





**Happy
Pleased**

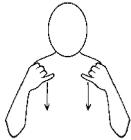
Two claps with cupped hands



Next



**Ill or
Poorly**



Position hand at site of pain
and shake hand



Pain



Injection

Place this sign on body where
appropriate



Please

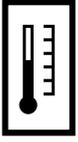


MRI Scan



**Sad
Miserable**





Temperature



Ultra Sound Scan

Full 'O' hand, index finger edge touching stomach, moves in circle – Can be placed on appropriate part of body

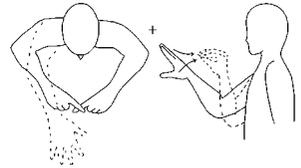


Thank You



X-Ray

Finger spell 'X' – Right hand springs open to show 'light' – Repeat



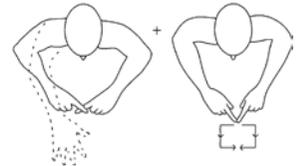
To Finish

Rapid movement



X-Ray Plate

Finger spell 'X' – Right hand springs open to show 'light'



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The Makaton content is supported by a Makaton Tutor Amanda Glennon from

www.inclusiveteachingmatters.com



It was not validated by The Makaton Charity.

Healthcare Cards for *Going To Hospital* are available to accompany this book, and can

be downloaded from www.cdssg.org.uk or from the free resources section at

www.makaton.org

Going to Hospital helps children and young people with a learning disability or autism to communicate about attending hospital. The book can be used to interact with families, carers and health professionals and gives more understanding of what may be experienced during an appointment or admission.



"It's important that we are the healthiest we can be. This can sometimes mean that we need to go to hospital.

Many people can feel frightened when they have to go to the hospital for lots of different reasons and that is perfectly normal.

Lots of people find it difficult to explain exactly why they are so nervous.

This fifth book in The Looking Up series is designed to help you to talk with your grown ups about why you are nervous and will help you to feel more confident to visit whichever department you need help from to be your healthiest self"

Paula McGowan, #Oliverscampaign



Going To Hospital is the fifth book in the Cornwall Down's Syndrome Support Group's *Looking Up* book series and we are very pleased to have collaborated with Royal Cornwall Hospital to create such a fantastic resource. A huge thank you to the children and young people who allowed us to capture their experiences in hospital to help others on a similar journey through clinical settings.

The Cornwall Down's Syndrome Support Group is a charity run by families affected by Down's Syndrome who live in Cornwall. We offer families a chance to meet, socialise and share information, friendship and support.

RCHT 1799

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