

Teaching Story:

MY VISIT TO CARDIOLOGY

Welcome to Children's National!



Inside the hospital, I go to the welcome desk. My parents get a sticker. Now, I go to the Cardiology Clinic.

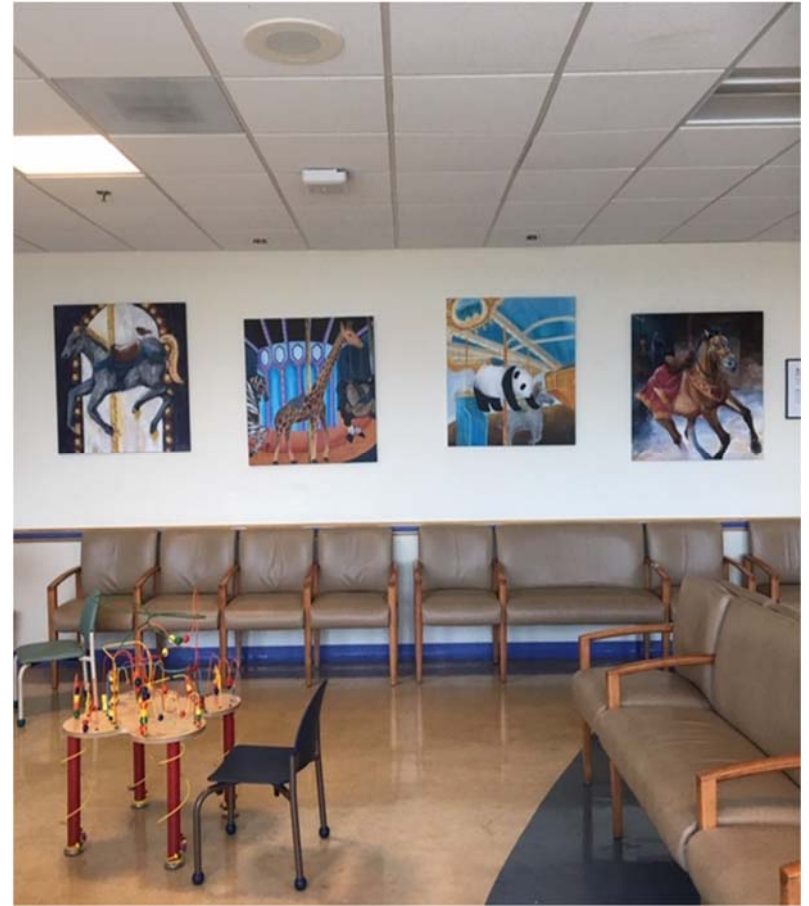


I take the elevator to the 3rd floor to the Cardiac Clinic. Cardiac means heart.



My parent checks in at the front desk.

I wait for my name to be called.



I sit and the cuff wraps around my arm. It feels like its hugging me, a tight squeeze. If I am scared I can sit with my parent.



Next, I get my oxygen checked. This clip holds my finger. It does not hurt and I am safe.



The nurse checks my heart beat. They listen with this scope. I take deep breaths.



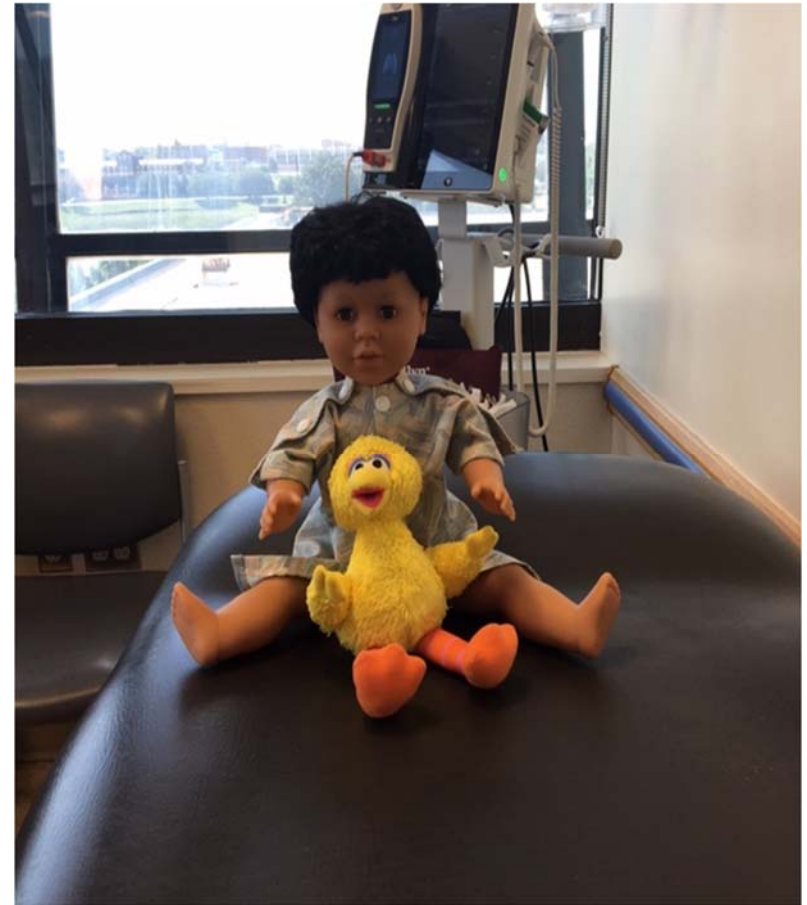
I step on the scale to check my weight. I stand still all by myself.



The nurse measures my height. I stand tall and still. If I am nervous, I can hold my parents hand.



I walk back to the exam room where I'll get a check up. My parents will be me.



I lay down. The nurse takes my blood pressure. She puts a cuff around my arm. It gives me a tight squeeze.



They check my oxygen again. This time they use a sticker, it goes around my finger. I am safe. The sticker stays on.



This is the EKG machine.



I get lots of stickers on my chest. The stickers stay on. If I'm scared, I can watch a show or hold my parents hand.



The nurse puts tiny clips on each sticker. These clips connect to the machine





I stay still as the EKG is done. It takes about 5 minutes. I am very brave staying still during the EKG.

When the EKG is finished the nurse takes off the clips and stickers.



I did a great job. We wait for the doctor to talk with us.





I am all done! I get a reward like a bravery sticker. My doctor and parents are proud of me! I am proud of myself too.

To schedule an EKG **appointment**, please contact the Cardiology scheduling department:

Phone: 202-476-2020

For additional **autism specific support or resources** for medical services, please visit the following website:

<http://childrensnational.org/autismvisualresources>

Or contact the Autism Behavioral Consult program:

Phone: 202-476-2884

E-mail: ABCconsultteam@childrensnational.org