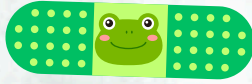


COPE with the Poke Coping Plan



Here we will come up **with a plan** to make this poke feel easier and more comfortable for you.

When making your plan...remember **LEAPS**. You have choices about: the **L**ocation of which room you would like the poke to happen, how **E**ducation is provided, what topical **A**nesthetics (like creams and sprays) you might want to use to help manage any pain, your **P**ositioning during the poke (how you would like to sit), and what different **S**upports you will use during your poke.

Choose all of the things from below that you think will help!

If you want help filling this out, you can ask your team to consult with a child life specialist.

L: Location

The room that I would like to be in is:

If I am in an outpatient clinic...

- ☐ in my exam room
- ☐ in the lab

If I am in the hospital...

- ☐ in my hospital room
- ☐ in the treatment room

There are some places in the hospital where the room is not a choice. That's okay! You still have more choices you can make.

E: Education

Here is what I would like to know about the poke or procedure:

- ☐ Teach me about everything **BEFORE** the poke
- ☐ Tell me what you are doing **DURING** the poke
- ☐ I don't want you to tell me anything about the poke

A: Anesthetics

Something that I would like to use to make the poke more comfortable is:

- ☐ Buzzy®: Vibrating tool that helps to distract the brain
- ☐ 4% Lidocaine: Cream that numbs the skin (this takes 30 min)
- ☐ PainEase® Spray: Cold feeling spray that numbs the skin
- ☐ Shotblocker®: A bumpy plastic tool that helps pokes feel more comfortable
- ☐ None of these

P: Positioning

During the poke, I want to:

- ☐ Lie down
- ☐ Sit up
- ☐ Sit on my parent/caregiver's lap
- ☐ Sit next to my parent/ caregiver

We will do our best to make sure you are comfortable while also keeping your body safe.

S: Supports

The things I want to do during the poke are:

- ☐ Watch the poke
- ☐ Watch a video on a phone/tablet
- ☐ Play a game on a phone/tablet
- ☐ Look at an I Spy book
- ☐ Listen to music
- ☐ Have a countdown before the poke
- ☐ Blow bubbles or the pinwheel
- ☐ Tell jokes
- ☐ Squeeze a stressball
- ☐ Hold someone's hand
- ☐ Visualize your favorite calm place
- ☐ Something else: _____



After the poke I want to....

(write in something you can look forward to here)



My important jobs during the poke:

- Keep my body still
- Take slow, deep breaths

After the poke, write down what went well and what you might want to do differently next time:

Bring your plan with you again next time or work on a new one if needed!