

Guide to see the Doctor or Nurse



This book belongs to:



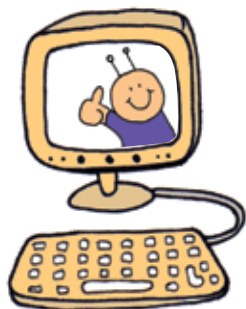
How this can book help you:

Use this book to help prepare and familiarise yourself for your visit to the Doctor or Nurse. It also records useful information for the medical staff.

Booklets created by Thumbs Up World in partnership with Pound Hill and Copthorne Medical Practice. To support adults with visible and hidden disabilities.

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Copthorne: Lewiston Copthorne Bank, Copthorne, RH10 3RE
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This is the picture of Pound Hill surgery. You may go to Copthorne surgery which looks a bit different



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Going to the Doctor



Sometimes you need to see the Doctor or Nurse if you are not feeling well.



Sometimes you need to see the Doctors or Nurse to check you are healthy.

A space to write down about why you are going to see the Doctor or Nurse:

A large, empty rectangular box with an orange border, intended for writing about why the child is going to see a doctor or nurse. A small illustration of a red and blue pencil is positioned at the bottom left corner of the box.

Write down questions you want to ask the Doctor or Nurse:

A large, empty rectangular box with an orange border, intended for writing down questions to ask a doctor or nurse. A small illustration of a red and blue pencil is positioned at the bottom right corner of the box.

Important things you want your Doctor or Nurse to know about you



How would people know that you are feeling happy and calm.



What are some good ways to help you feel more happy and calm?



How would people know that you are feeling stressed, worried or angry?



What are some things that make you feel upset, worried or angry?

What happens when you get to the Doctors ?

Front door - entrance to Doctors.



There is an area called **reception**. You or the adult you are with will tell the receptionist that you have arrived.



Sometimes you will have to wait to see the Doctor or Nurse. You can wait in the **waiting room**.

It is important to wait until it is your turn. What are some things you could do while waiting? You could write them down here:



There are **toilets** at the doctors surgery.

What happens next?

When it is your turn, **your name will be called**. You will go through the corridor with your parent / carer to the room. This is what the room could look like:



The Doctor or Nurse might ask you some **questions about how you are feeling**. They might also ask your parent / carer some questions about you.

This is good because the Doctor or Nurse needs to know as much as they can to make sure that they can **help you**.

Some of the questions they might ask are:

Taking your temperature

A **thermometer** is used when you have to have your **temperature taken**.



Taking your blood pressure

They will use a **sphygmomanometer** to do this, here are pictures of what they may look like.



It might feel a **bit tight** around your arm.

The Doctor or Nurse will tell you when it **will stop being tight**.

Having an injection

Sometimes the Doctor or Nurse will need to give you an **injection**. It is good for you to stand or sit still.



Getting a nose spray

You may need to get a **spray up your nose**. It is important that **you sit still** so that they can do this - it won't last long. It might tickle your nose a bit.

Having your body checked

Sometimes the Doctor or Nurse will need to give you a **physical check up**. They know how to do this safely. You may need to lie down on the bed.



They might need to **gently touch your tummy, or legs, or back or head**. You can tell them if this is hurting you. **It is important that they know.**

Checking inside your ears

A **otoscope** is used when the Doctor or Nurse needs to check inside **your ears**.



Do you have any questions?



At the end of your appointment the Doctor or Nurse will **talk to your parent / carer** and to you about what needs to happen next. You may need to come back to the Doctor for another **check up** to make sure you are getting better.

Sometimes you will be **given medicine to help you get better**. Your parent / carer will keep your medicine and give it to you when you need it.

You can **leave** the Doctors when you have finished your appointment.

**You have done well
to go to the doctors**

Sometimes I find it difficult
to say how I feel...

I can use my finger to point at one
of these faces to let you know
how I am feeling.



I feel **HAPPY** being
here and I would
like to stay



I feel **OK** being
here and I don't
mind if I stay



I feel **ANGRY** or **SAD**
or worried and
I would like to leave

Really important information