

“This is me! When I visit radiology”

Information sheet

Children, Teenagers and Young Adults: If you can fill in the form by yourself this is great.

If you need help to fill in the form, ask someone you trust, like your mum, dad, partner, family, nurses, play specialists, youth worker or care support worker to help you.

This information sheet is offered to give you some ideas about the information you may want to include in your “This is me! When I visit radiology” form.

Note to healthcare professionals and care partners: If you are helping a patient with this form, it should be their responses you record whenever that is possible, but you can suggest things they may want to include based on what you know about their needs.

How to use the form:

Every time someone tells you that you need an X-ray in the radiology department (the place where you go for X-rays), you can show hospital staff the form to help them know how best to help you.

They will try to do what you need, but it isn't always possible, especially if you need something in an emergency or urgent situation. Even if they can't do everything you need, they may still be able to do some of them, which might help a bit.

When to use the form:

You are told you need an X-ray, test, scan or investigation in the radiology department	• Show the form to your ward or clinic nurse, and the person writing the referral who books the procedure. • Ask them to let the radiology department know you have additional needs. • If you are at home, email the form to your key worker or consultant.
You need to know what to expect and have someone explain the procedure	• Show the form to your ward or clinic nurse, play specialist or youth worker.
Getting to and from the radiology department	• Show the form to your ward or clinic nurse to plan how you get there and back. • If a porter or nurse is going with you, show them the form.
Managing waiting	• Ask your nurse if the test is urgent and will be done quickly or if you need to wait. Ask them to tell you or your care partner when it might happen. • Show the form to the receptionist when you arrive in radiology.
Having your X-ray, scan, test or investigation	• Show the form to the radiographers or other staff in the room where your test is happening.

Information to help you or your care partner to fill in the form

You can view a translation of this guide here www.cclg.org.uk/this-is-me-when-i-visit-radiology by using the Reach Deck translation and accessibility button.

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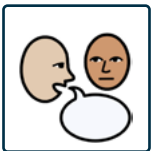
My name is... I like to be called...

Tell us your name, and what you like to be called. Some people like to use nicknames or don't like their name to be shortened.



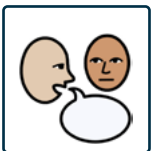
The name of my care partner(s) They are my...

A care partner is someone who helps you with day-to-day activities and care. It may be a relative, friend or a healthcare professional you have chosen to support you. Tell us the name of your care partner. Tell us if this person is your mum, dad, friend, partner, other relative, nurse, play specialist, care support worker, another person important to you.



Please communicate with...

Some people like hospital staff to talk to them directly. They tell us they feel cross when hospital staff ignore them and talk only to their mum or dad or relative. Other people like hospital staff to talk to them directly but only when their care partner is also there. Other people don't want hospital staff to talk to them directly but to tell their care partner first and let their care partner explain it to them. What would you like? Tell us on the form.



If communicating with me it is important to...

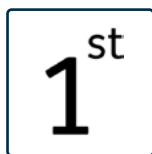
If you do like people to speak directly to you, what helps you communicate? Here are some suggestions:

- Speak slowly.
- Give me time to understand.
- Give me one instruction at a time. I will not understand if you ask me for name, hospital number, date of birth and address in one sentence, and then ask me to go to the couch, take my top off and lie down. Ask each part separately and give me time to answer.
- Give me lots of information – I like to know how things work.
- Explain what the equipment is for.
- I have autism / Down's Syndrome / learning disabilities / neurodiversity / sensory processing difficulties / cancer. Please ask me / my care partner how best to communicate with me.

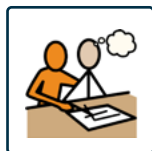


In my spare time I like to...

It's nice to know what you enjoy doing in your spare time. It could be hobbies, sports, shopping, being out in nature, travel, so we know what you like to talk about. It will help us understand you better. It could be things you love talking about, like trains, pets at home, a favourite football team, sport, or a music star, art or photography, you miss school or work.

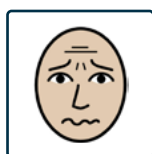


It's helpful for us to know if you have had any X-rays before. We know you might still need preparation and support, but this will help us to ask what it was like for you before.



If you think there is someone in the hospital team who you could help you prepare for your X-ray you can tell us here. (If you have never had these procedures before, please ask what help is available.) These are some ideas. If available, I would like extra support to prepare for procedures from:

- Health play specialist or play worker
- Youth worker or Care Support Worker
- Allocated nurse



If there are things that you found really difficult or stressful about having X-rays before, it will help us if you can tell us what they are. We might not be able to prevent everything, but we will do these things with more care and avoid them if we can. You could think about particular 'triggers' for you. It could be things like hating to use a wheelchair to go to the X-ray department, or getting upset and confused if people give you lots of complicated instructions, being touched, loud noises, face masks, too many people in the room, too much talking. You can tell us what you find difficult here.



Things that help. Here are some ideas about things that might help you manage better. They are sometimes called reasonable adjustments.

Staff will try to do these but sometimes it isn't possible. Even if they can't do everything you need, they may be able to do some of them, to help a bit.

Here are some ideas – everyone is different so tell us what you need.

- Listen to me, or my care partner, about what helps.
- Give me extra time and do and say things slowly.
- Reduce the number of people in the room if possible.
- Reduce the amount of equipment in the room if possible.
- Reduce noise if possible.
- Dim the lights when you can.
- Allow my care partner to stay with me.
- Don't treat me like a baby.
- Show me photos or videos about X-rays so I know what to expect.
- Let me bring a fidget toy, or comfort toy.
- You may want to include things you can do for yourself and things you need help with.
- Show me the X-ray picture after the X-ray is done.
- I like to ride in the wheelchair.
- I like talking to the radiographer about my favourite hobby or pets.
- I like a hug with my care partner afterwards.
- You can tell us how we know if you're in pain.
- Anything else...



If you have specific mobility needs when moving around the hospital you can tell us here. That might be things like needing a wheelchair if it's a long way. Or maybe you hate wheelchairs and prefer to walk even if it takes a long time. Think about whether it's easy for you to climb onto the X-ray table or scanner bed. Think about whether you are OK being helped or if you don't like to be touched.

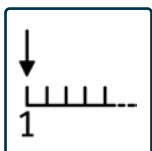


If you get very stressed and upset (some people call this triggered), what helps you to relax and feel more at ease. Here are some ideas,

- Give me a break.
- Gently ask what would help.
- Stop talking and let my care partner handle it.
- I prefer to be held and gently supported to help me stay still. Long negotiations add to my distress. You might want to say who you prefer to help hold you – like your mum or a nurse.



We know that if you are prone to getting infections you may not want to be in a busy waiting area near other people who might have infections. This question is helping the radiology department staff know if it applies to you or not on the day of the procedure.



On the day of the X-ray, there may be something that is really important to you on that day. The last question is reminding radiographers to ask you what the most important thing for you is today. A priority (the most important thing) could be things like having a headache today and needing low lights and quiet. It could be that you are very scared. Maybe you are worried about what the X-ray will show. Or it could be something you are happy and excited about and want to share.

There is space on the form to record who completed the form, and when it was done. If you haven't updated your form in a while and you think some of the information has changed, you might want to do a new form. You can ask for forms from your hospital team or download a copy to print from www.cclg.org.uk/this-is-me-when-i-visit-radiology

This form was developed through an NHS England Cancer Improvement Collaborative quality improvement project. It was created using feedback from children, teenagers and young adults with cancer and learning disabilities or autism, and their families.

We know that children, teenagers and young adults with cancer and learning disabilities or autism sometimes struggle with X-rays, scans, tests and investigations that are part of cancer care. We want to improve this experience.

Please could you use this form every time you have an X-ray. We plan to evaluate how this form is helping children and young people like you.

It would really help us, and people like you, if you could complete the survey after each X-ray you have between now and 31st July 2027, so we know if the form helps. Ask your nurse, your carer or other healthcare professional to help you fill out the survey online. It is available here www.surveymonkey.com/r/cclg-this-is-me