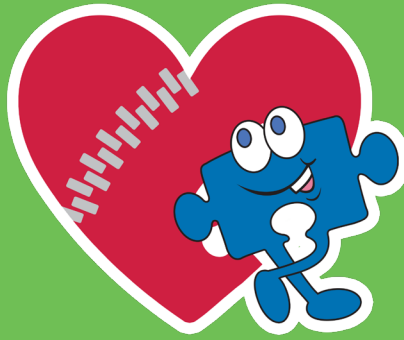
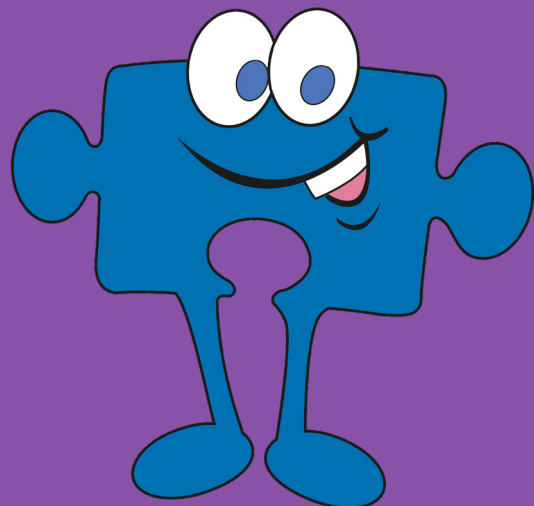




LHM Kidz

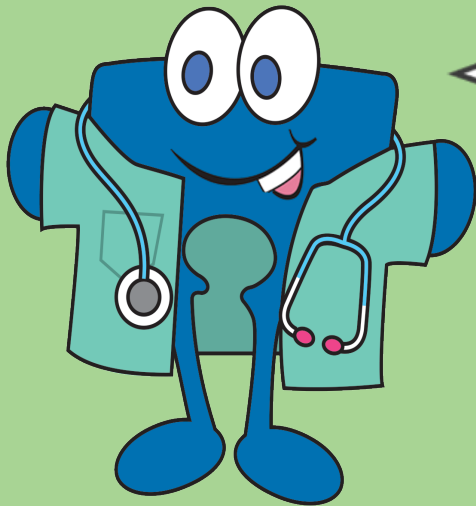
I have a special heart
Hospital testing

Let's discover
about hospital
tests together!



Specially created for our young members

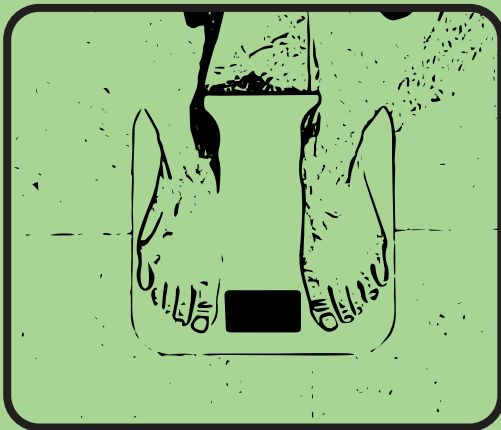
Hospitals do lots of tests - what do they all do?



There are lots of different tests hospitals and doctors like to do when you go for a check-up. Here are some of the ones they do.

Tick the ones that you've had! If you can't remember, ask your parent or carer.

Weigh in

☐

You stand on a scale and the doctor or nurse measures how much you weigh. Why is this important? Well your medication doses (how much you take) will be worked out based on your size so you don't take too much or too little. Pretty clever!

Blood pressure test

☐

Most people have this done when they go to see the doctor. A cuff is placed around your upper arm and it squeezes really tight. It then tells the doctor what your heart rate and blood pressure are. This means how fast your heart is beating and the pressure that your blood is travelling around the body. This is a really easy test to do to check your heart is working as it should. You'll feel a tight squeezing of your arm but it doesn't hurt and only lasts a minute.



Temperature reading

Your temperature will often be taken with a temperature gun or thermometer. A high temperature is often a sign of infection or illness and will tell the doctors and nurses whether they are okay to carry on with the rest of their tests.

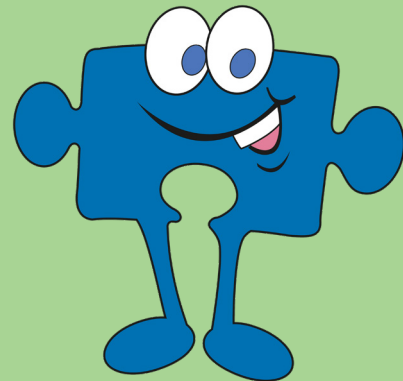


Oxygen saturation

A clip or strip is put on your finger to measure the amount of oxygen circulating in your blood. This helps your medical team plan your treatment and care. This is a simple, pain free test.



This is all REALLY complicated stuff!
You're doing GREAT!



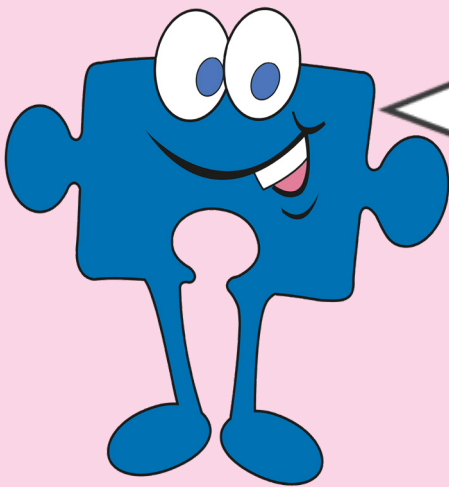
ECG - electrocardiogram

Sticky pads are attached to your arms, legs and chest and then signals from your heart are sent to a machine that the doctor can then look at. It tells them how well your heart is beating and helps them spot any problems. You will feel the sticky pads on your arms, legs and chest but no pain at all.



Blood test

You might get something tied around your arm tightly to help your veins become clearer. A small needle is put into your arm or back of your hand and a small amount of blood is removed.



I know lots of people don't like needles but I always find looking at the ceiling and singing my favourite song helps to distract me. Then after it's done I realise it doesn't hurt that much after all. If you find having blood taken scary, have a chat with your nurse. They can teach you how to cope with it.

ECHO - echocardiogram

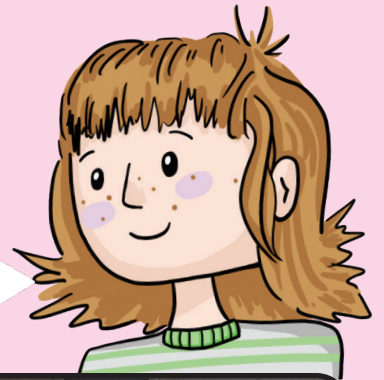
A type of scan that uses a small probe (it looks a bit like a microphone) to see our heart. You will have a bit of cold jelly put on your chest and then the probe will be moved around your chest. It can take a film of your heart and the doctors can have a look to check to see how the blood flows through the heart and how it pumps blood.. You might feel a bit cold from the jelly on your chest but the test is completely harmless.



MRI (magnetic reSonance imaging)

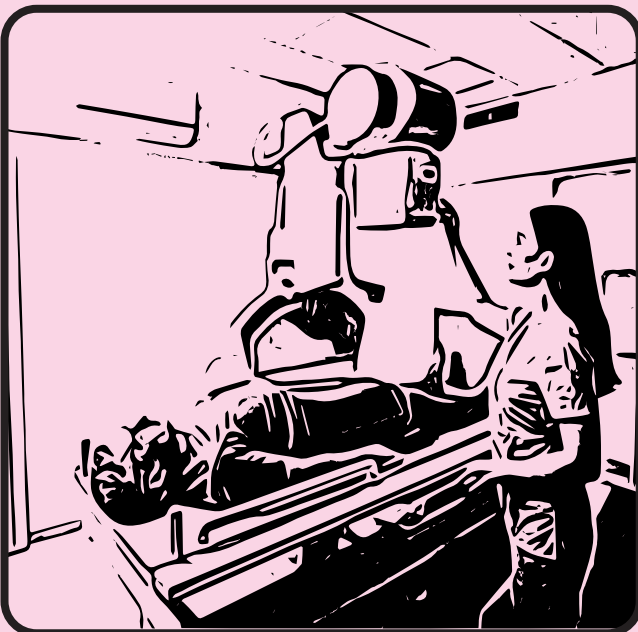
You lie flat in a big machine, shaped like a donut. Sometimes you have to lie still for a very long time so that they can take the photos they need and the machine can be quite loud, but they will let you listen to music and you can talk to the radiographer (the person working the machine) and your parents or carer the whole time. The radiographer may ask you to hold your breath for a short time or follow different instructions while the machine is doing its work. Sometimes they will give you a medicine to help you go to sleep so you can dream of lovely things the whole time it's happening! This test helps to give a clearer picture of what is going on inside your body. While it can be a bit boring as it takes so long you won't feel a thing!

I had a MRI.
It was just
like being in a
spaceShip!



Chest X-Ray

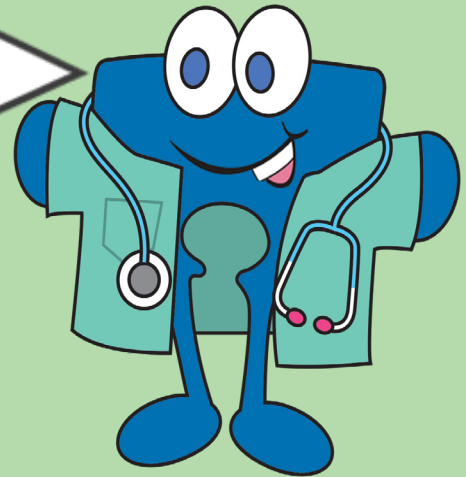
You'll be asked to lie on a table or stand flat against a wall so that the x-ray machine can be positioned in the right place. The machine looks like a large tube with a big lightbulb in it. This will be aimed at your chest by the radiographer (the person using the machine). They will then go behind a screen while they take pictures of your chest. You need to keep still while they take the photos or the images will be blurry. It only takes a few minutes and you won't feel anything.



Exercise Tolerance



More and more healthcare providers are doing exercise ECG's (electrocardiograms.) Exactly like an ECG (See page 3 to refresh your memory) but this test takes place while you are exercising on a running machine or static bike. Your doctor may want to do this test to keep an eye on your heart and how well it is working.



How does it work?



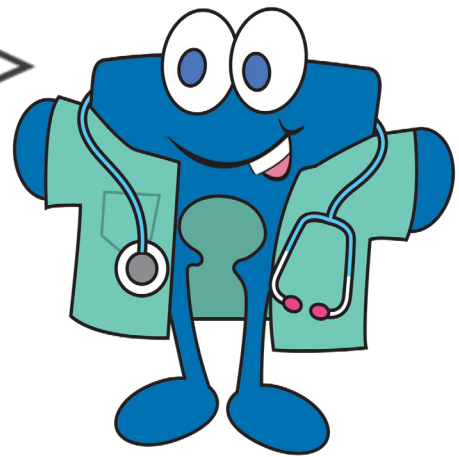
- ★ You will be asked to wear trainers and comfortable clothing to your appointment.
- ★ You will have some sticky pads attached to your chest and possibly a few other parts of your body. You may also be asked to wear a blood pressure cuff.
- ★ Information about your heart and blood pressure will be collected while you aren't moving first, so it can be compared to the information you get later.
- ★ You will walk, run or cycle on the treadmill and the information about your heart and blood pressure will be looked at closely.
- ★ You will be asked to exercise to the best of your ability.
- ★ After the test your heart and blood pressure will continue to be monitored (watched) for 10 to 15 minutes.

If I am worried or have a question who should I ask?

The doctor or nurse looking after you will always be able to help or give answers if you need them. If they aren't available, you can contact the team at LHM and we will help find the answers for you. email Olivia, your LHM Kidz lead at olivia@lhm.org.uk
Also, you can always have a chat on the LHM hub, some of our other members might be able to help.

Wow! Well done! You've learned LOADS about hospital tests!

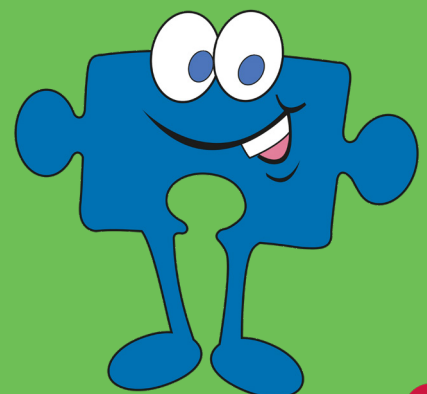
If you feel like learning more check out some of the other LHM Kidz info packs we have available on your LHM Kidz

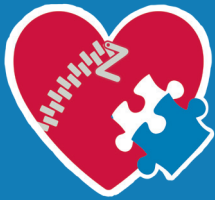


LHM Kidz info available:

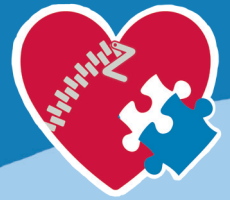
- ★ My heart
- ★ I have a special heart, what does that mean?
- ★ My medication

Jigzy is always working hard to bring you new information and content for your LHM Kidz webpage, so keep checking back to see what's new. If there is anything you would like to see in future please email olivia@lhm.org.uk to share your ideas!





LHM Kidz Youth Hub App



We have created a safe online space for all of our youth members living with half a heart. Here you can chat with Olivia, our youth mentors AND your LHM friends.

we have created three chat groups;

- LHM KIDZ - for our 7-11 year old members
- LHM JUNIORS - for our 12-14 year olds members
- LHM SENIORS - for our 15-17 year old members



You'll be able to access our online calendar and online youth groups to chat about life topics, or just chill and play games.

Just scan the QR code, create a profile and away you go!



Little Hearts Matter

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