

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My Needle Stick Plan

I made a plan that helps me feel a little more in control when I need to get a shot or blood draw. I checked the info that I want you to know. Thank you for helping me make this easier!

- ☐ It is hard for me to get needle sticks. I get worried and afraid.
- ☐ I am good at speaking up for myself.
- ☐ It is hard for me to speak up for myself.
- ☐ I might freeze and have trouble cooperating.
- ☐ I might have trouble keeping still.
- ☐ I might try to run away.
- ☐ I might try to push people away from me.



### **Before a needle stick:**

- ☐ I like to know before a doctor's visit if I will need a shot or a blood test.
- ☐ I like to understand why the stick is important for my health.
- ☐ I like to know if I can or can't eat before the blood test.
- ☐ I like to take medicine that helps me keep calm.
- ☐ I like to put on numbing cream where the stick will go.
- ☐ I like to see your equipment before the stick.



### **During the needle stick:**

- ☐ I like it to use a private space.
- ☐ I like to sit in a chair.
- ☐ I like to lay on the exam table.
- ☐ I like to have someone I trust with me.
- ☐ I do better if two people help.
- ☐ I like someone to hold my hand.
- ☐ I like to listen to music.
- ☐ I like to watch a video.
- ☐ I like to practice deep breathing.
- ☐ I like to look away.
- ☐ I like someone to talk calmly to me.
- ☐ I like you to remind me to relax my arm.
- ☐ I like to use freezing spray.
- ☐ I like to use an ice pack.
- ☐ I like to use vibration, like a Buzzy.
- ☐ I like pressure, like a shot blocker.
- ☐ I would like you to count to 1-2-3.



### **About my body:**

- ☐ My veins are hard to find. Please ask your best person to draw my blood.
- ☐ My veins are hard to find. I do better when you use a vein finder.

### **After the needle stick:**

- ☐ I sometimes feel faint after a needle stick. I do better if I lie down.
- ☐ I worry about my results. Please let me know as soon as you can.



Other info at: <https://www.immunize.ca/card-adults>, <https://phm.utoronto.ca/helpinkids/>

Indiana Complex Care Coordination Collaborative (IC4), Indiana University

