



CARD CHECKLIST:

What cards are you playing today?

Scan to play
CARD game



Your hospital visit today includes a needle procedure. We use the CARD (Comfort Ask Relax Distract) system to help make getting needles easier for kids. Tell us how to make your needle more comfortable for you today by filling in our CARD checklist.

CARD System	Choose all options you want for your procedure
<p><u>C</u>omfort</p> <p>What would you like to make it more comfortable?</p>	<p><input type="checkbox"/> Numbing cream to reduce the feeling of the needle -> let us know right away if you want numbing cream</p> <p><input type="checkbox"/> Person I want to be with me (nobody or give name): _____</p> <p><input type="checkbox"/> Other comforts: _____</p>
<p><u>A</u>sk</p> <p>What questions do you have?</p>	<p><input type="checkbox"/> What will happen?</p> <p><input type="checkbox"/> How will it feel?</p> <p><input type="checkbox"/> Other questions: _____</p>
<p><u>R</u>elax</p> <p>How do you want to keep calm?</p>	<p><input type="checkbox"/> No or low levels of noise</p> <p><input type="checkbox"/> Take deep belly breaths (like blowing up a balloon)</p> <p><input type="checkbox"/> Other ways to relax: _____</p>
<p><u>D</u>istract</p> <p>Do you want to be distracted?</p>	<p><input type="checkbox"/> Keep my eyes closed/look away</p> <p><input type="checkbox"/> Tell me when it will happen</p> <p><input type="checkbox"/> Talk to me about something I like</p> <p><input type="checkbox"/> Play with a toy or electronic device (like a tablet, iPad) from home</p> <p><input type="checkbox"/> Play with a toy or electronic device from the hospital -> let us know if you want to see what is available</p> <p><input type="checkbox"/> Other distractions: _____</p>

Did you know about CARD before coming today? Yes No

If yes, did you play the CARD online game? Yes No

How old are you? _____

Which of the following best describes you? Girl Boy Or, I am: _____

Some people are afraid of needles. How afraid are you?

Not at all A little bit Medium amount A lot

Do you ever get really dizzy or even faint during needles? Yes No

Tell us about anything else you want us to know: _____