

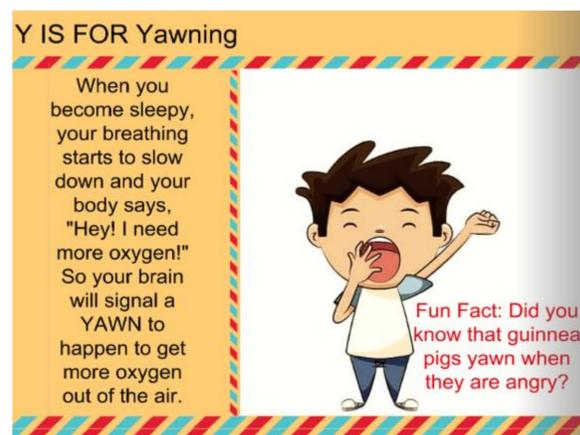
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## ABC It's All Medical To Me

### Introduction:

A majority of children have negative connotations associated with doctors and other medical professionals. Fear can be augmented by peers and personal experiences with doctors' offices and hospitals. The study, "Minimizing Pediatric Healthcare- Induced Anxiety and Trauma" by Julie L. Lerwick (2016) shares that one of the most effective methods to diminish fear is knowledge and positive exposure.

"ABC It's All Medical To Me" is a book written for children ages five to eight years old. The goal of the book is to increase positive exposure and children's knowledge of common illnesses and diseases. Combining a picture book with paragraph style reading challenges young readers to increase their vocabulary while simultaneously learning new medical information.

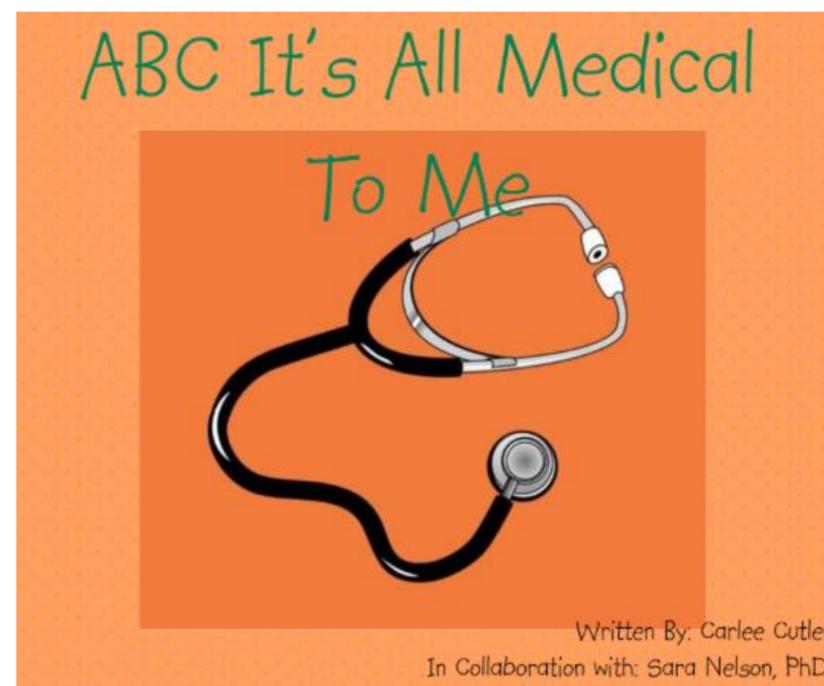


### Objectives:

- (1) The primary objective of this book is to decrease fear and anxieties associated with doctor and emergency room visits that instill angst in children ages five to eight years old.
- (2) The second objective of this book is to increase the medical knowledge of the child reading the book "ABC It's All Medical To Me."

### Methods:

An ABC paragraph text and picture book is an optimal format to relay medical information to the established target population. Complete with an alphabetical index, the book highlights difficult medical vocabulary words found throughout the text. Discussing illnesses and diseases, the book explains them in words, colors, and pictures that are relatable to young children.



### Conclusion:

Using Lerwick's CARE Model combined with the use of the book "ABC It's All Medical To Me" in a medical or home environment, creates a comfortable setting which increases knowledge and lessen anxiety for children. This book is written for children who are ready to explore more about the role that doctors play in their lives. Also, to inform the reader about body processes and diseases they may have been unaware of, or are experiencing. This book gives a jump-start to children and parents in the field of science and medicine.

### Research:

According to a study performed by the *World Journal of Clinical Pediatrics* titled "Minimizing Pediatric Healthcare- Induced Anxiety and Trauma" written by Julie L. Lerwick (2016); in 2012, 5.6 million children visited doctors offices and emergency rooms. As stated in the article, most children report feelings of anxiety, fear, agitation, and helplessness when they enter into a medical setting. These emotional responses can diminish the effectiveness of care and potentially cause the child to withdraw from care in the future. Children quickly make associations such as:

Doctor's Office → Getting a Shot → Pain

This learned association of the fear of the unknown can continue into adulthood and affect the likeliness of their doctor visits in the future.

Lerwick (2016) proposed a CARE model to help clear emotional responses to visiting the doctor.

**C= Choices:** Provide the child with choices on their care, this could be presented by the choice of the Band-Aid color chosen post vaccination, or deciding to take medicine in pill form rather than liquid.

**A= Agenda:** Prepare the child for what is to come in the appointment, if there is an agenda set the child can release the fear of the unknown.

**R= Resilience:** Identify the child's strengths by asking about previous doctor visits and what was positive from the last experience.

**E= Emotions:** Create an environment where the child is free to express his/her emotions.

