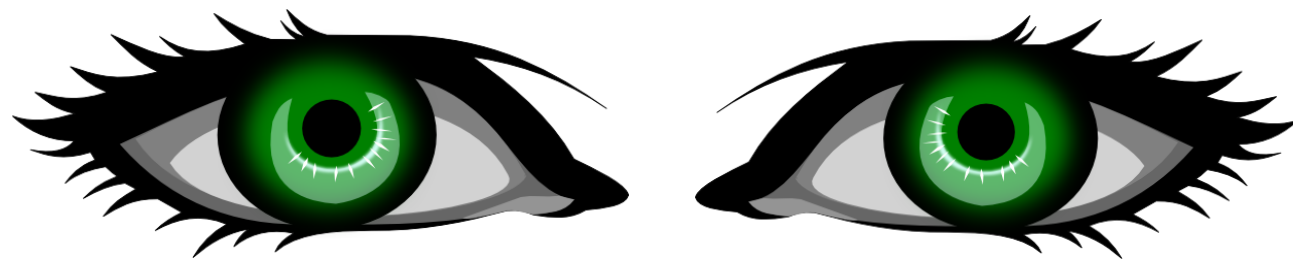


I SPY WITH MY LITTLE EYES



By Katie Drew RN



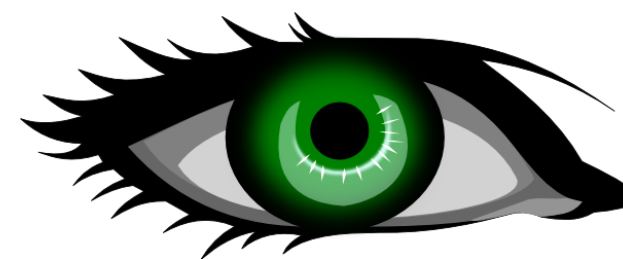
A Member of
cura
day hospitals group



I SPY WITH MY

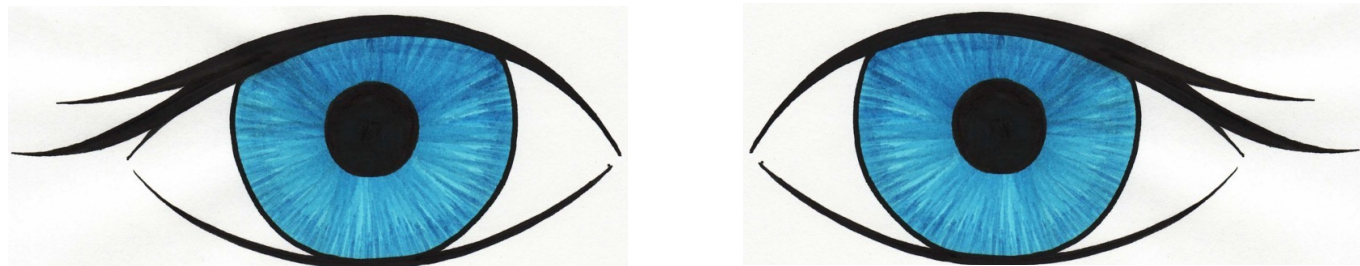


LITTLE EYES



By Katie Drew

7-12 years



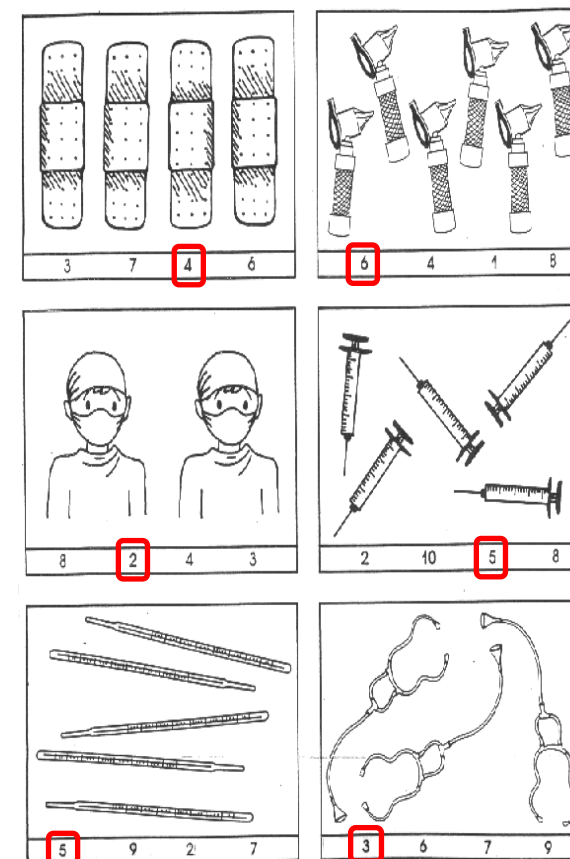
Throughout this book are lots of pictures of eyes.

Can you find them all?

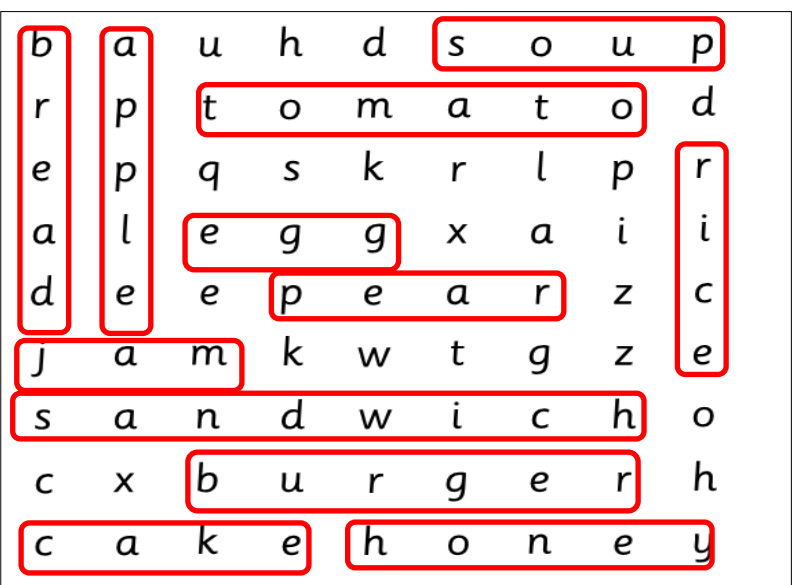
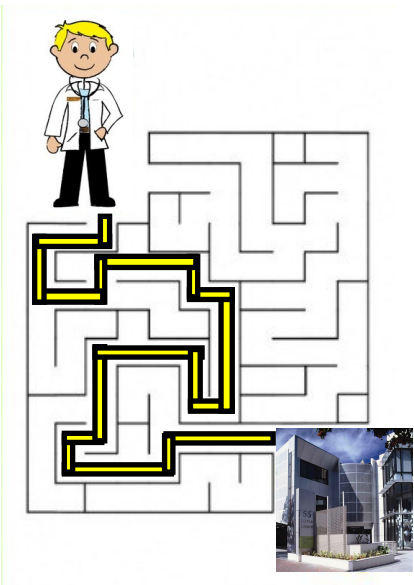


Write your answer in the space below when you have counted how many eyes are hidden in the pages.

Page 29



Number of eyes
= 44



My name is: _____

I am _____ years old.

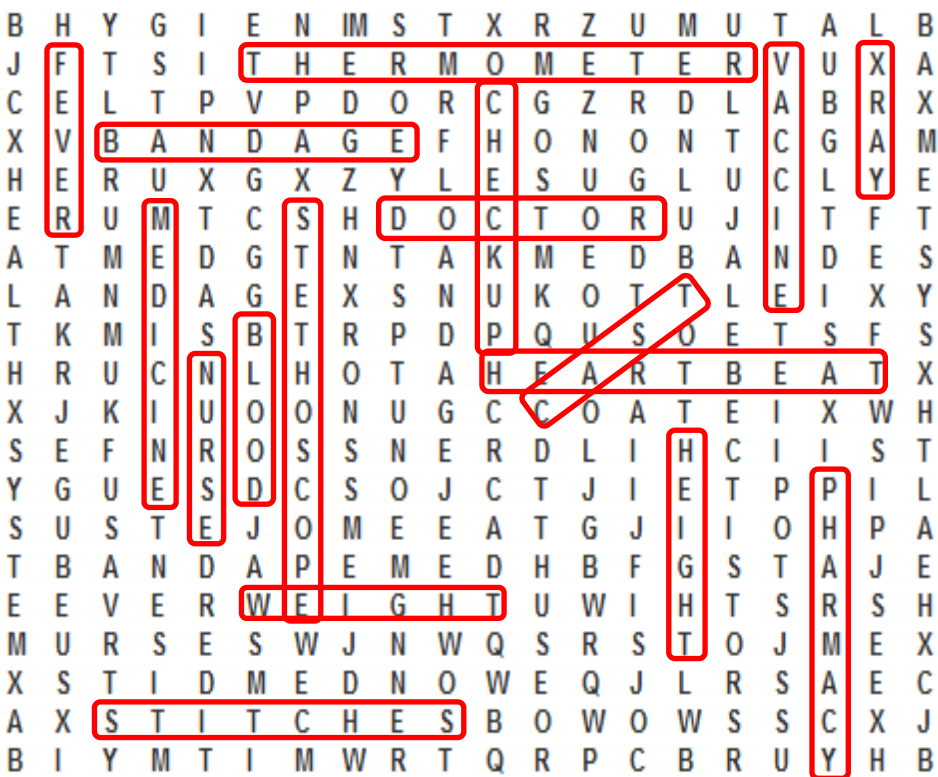
My surgeon's name is: _____

My anaesthetist name is: _____

My pre op nurse is: _____

My anaesthetic nurse is: _____

My PACU nurse is: _____

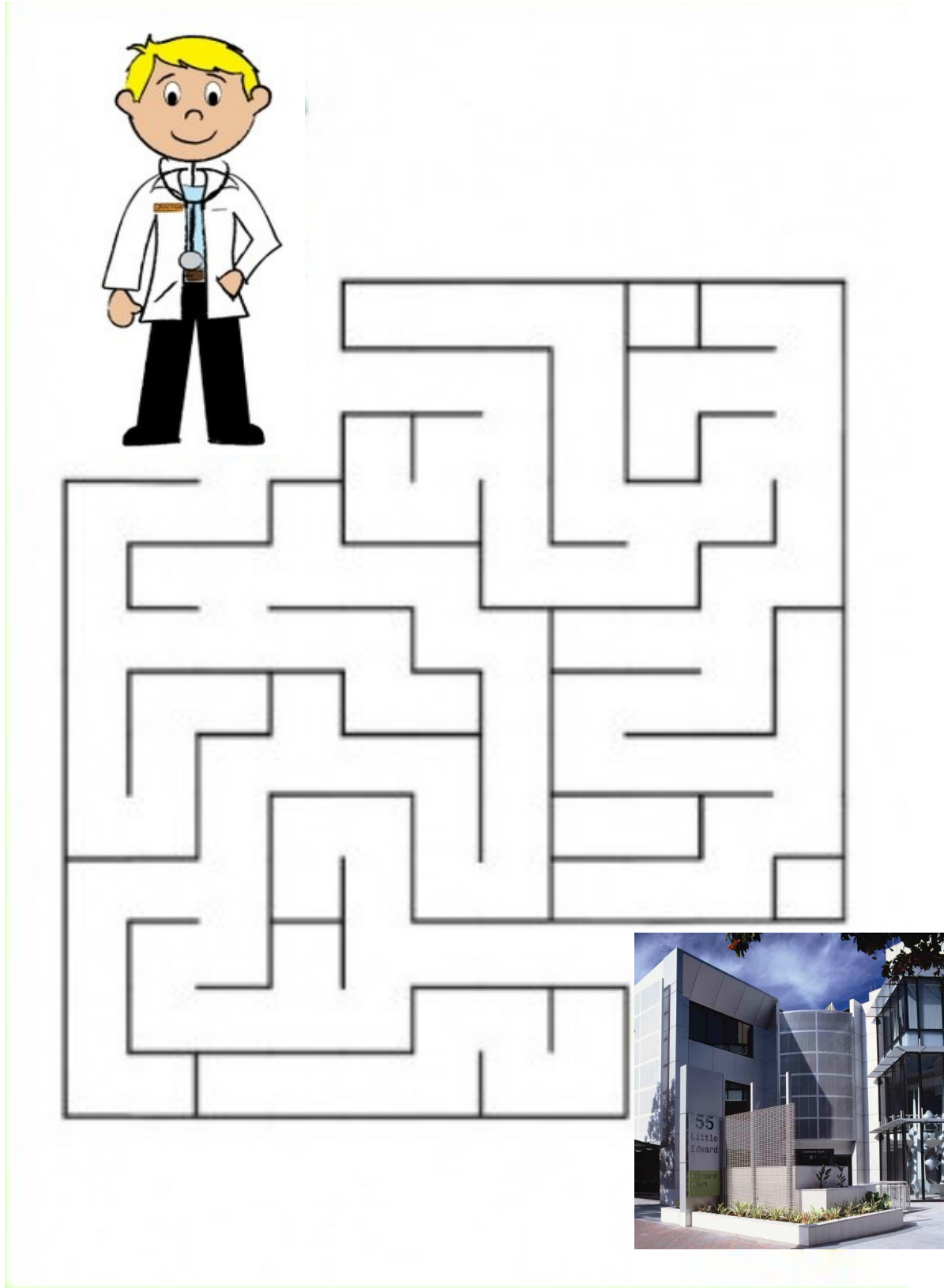


I have __ brothers and __ sisters.

Their names are: _____

I have brought my favourite toy _____ and its name is _____.

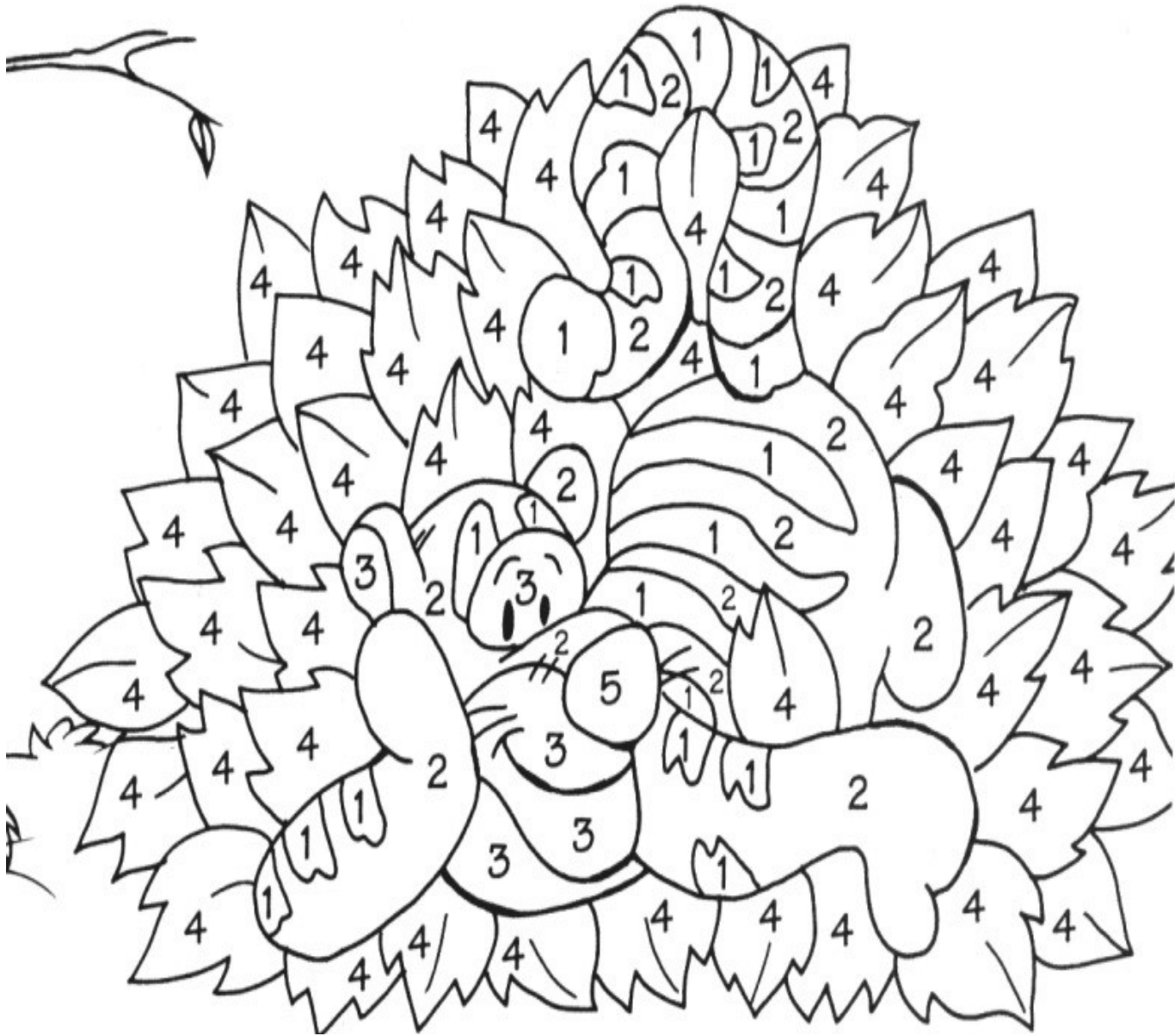
Today I am going to the Queensland Eye Hospital.
Help the doctor find his way to the hospital.



WHO IS HIDING IN THE BUSHES?

(Use the colour code below to colour the numbered spaces and find out who is hiding in the bushes)

- 1 = Black 2 = Orange 3 = Yellow
4 = Green 5 = Pink


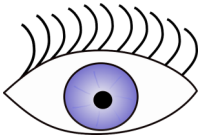


WHO IS SITTING ON THE LILLYPAD ?

Q: Why are frogs so happy?



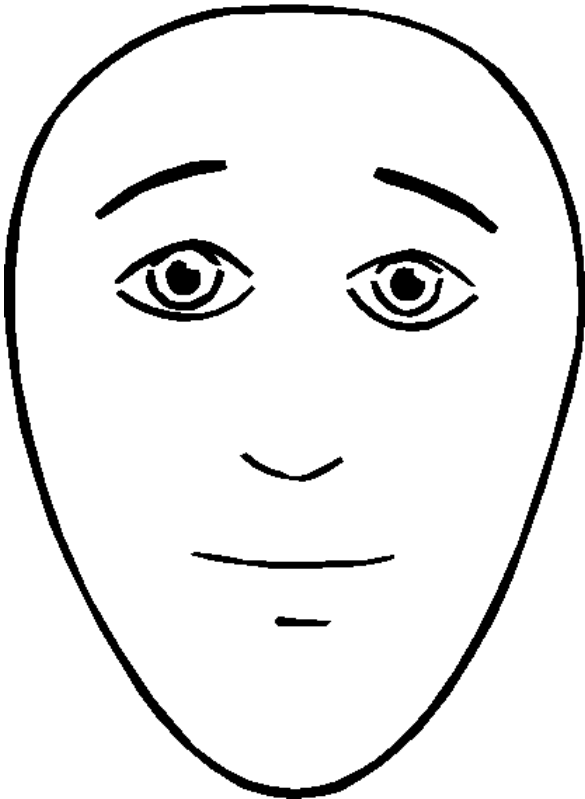
A: They eat whatever bugs them.

My  is going to make my  better.

I  am having an operation on my
(draw a patch over the eye/s you are having your operation on today)

Left

Right



What colour hair do you have?

Can you give the face some hair?

Even though I am nervous about my operation I know that after my operation my eyes will be better



There are many things I can do to help me not feel so nervous, scared or worried. Some exercises I can practice before I have my surgery are "Calm Breathing", "Muscle Relaxation" and "Busy Brainwaves".

Calm Breathing

Calm breathing helps me focus on my breathing and not what is going on around me.

Step 1

To do calm breathing, I sit or lie in a comfortable position. Close my eyes and relax.

Step 2

Take a deep breath in by my nose.

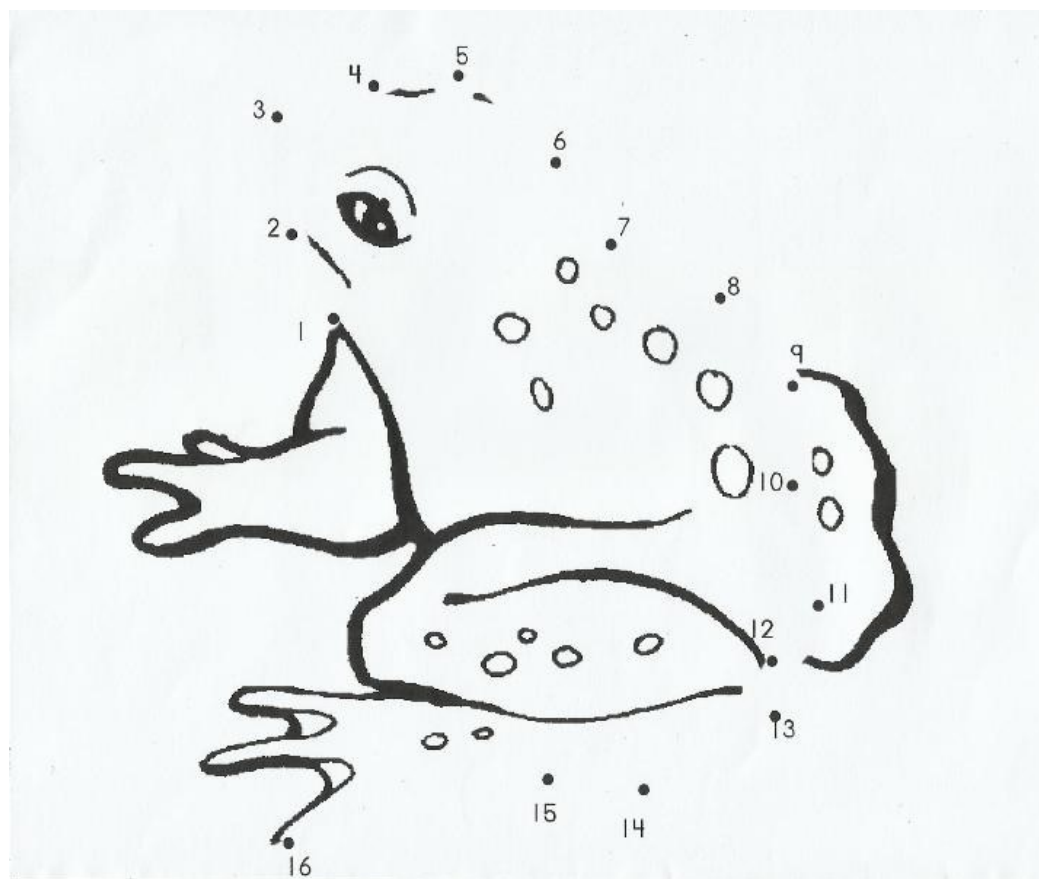
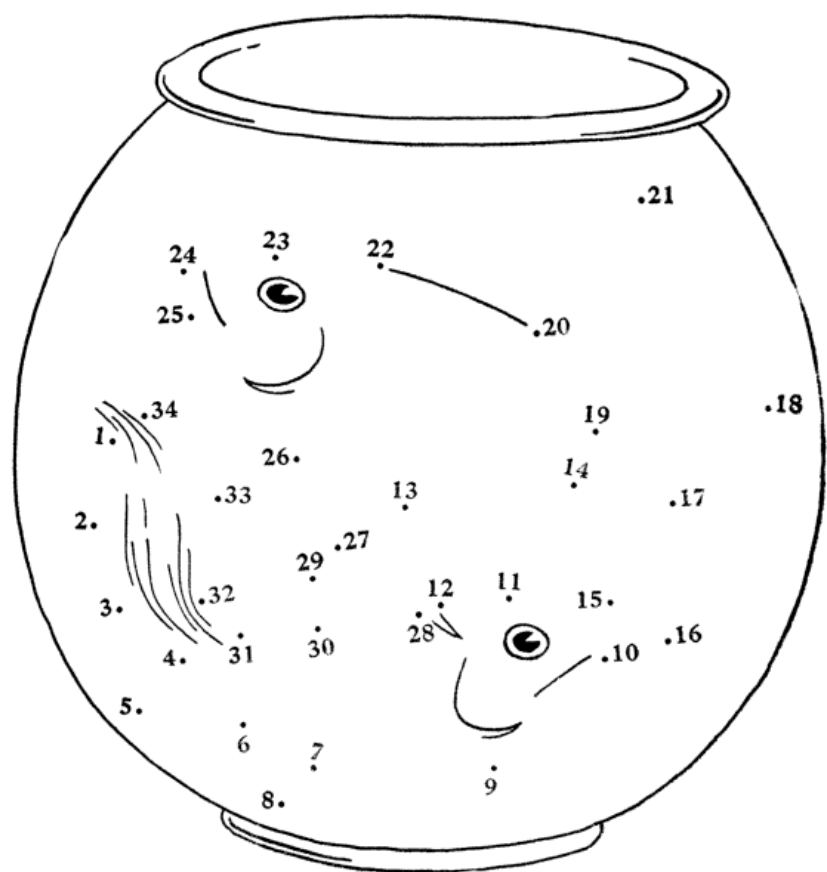


breathing through

WHO IS EATING THE BANANA?



Q: What kind of key opens a banana?
A: A monkey!



Step 3

Let it out slowly through my mouth. I make a hissing sound and pretend I am a snake (ssssssssss) . I try and relax my body while I am doing this.

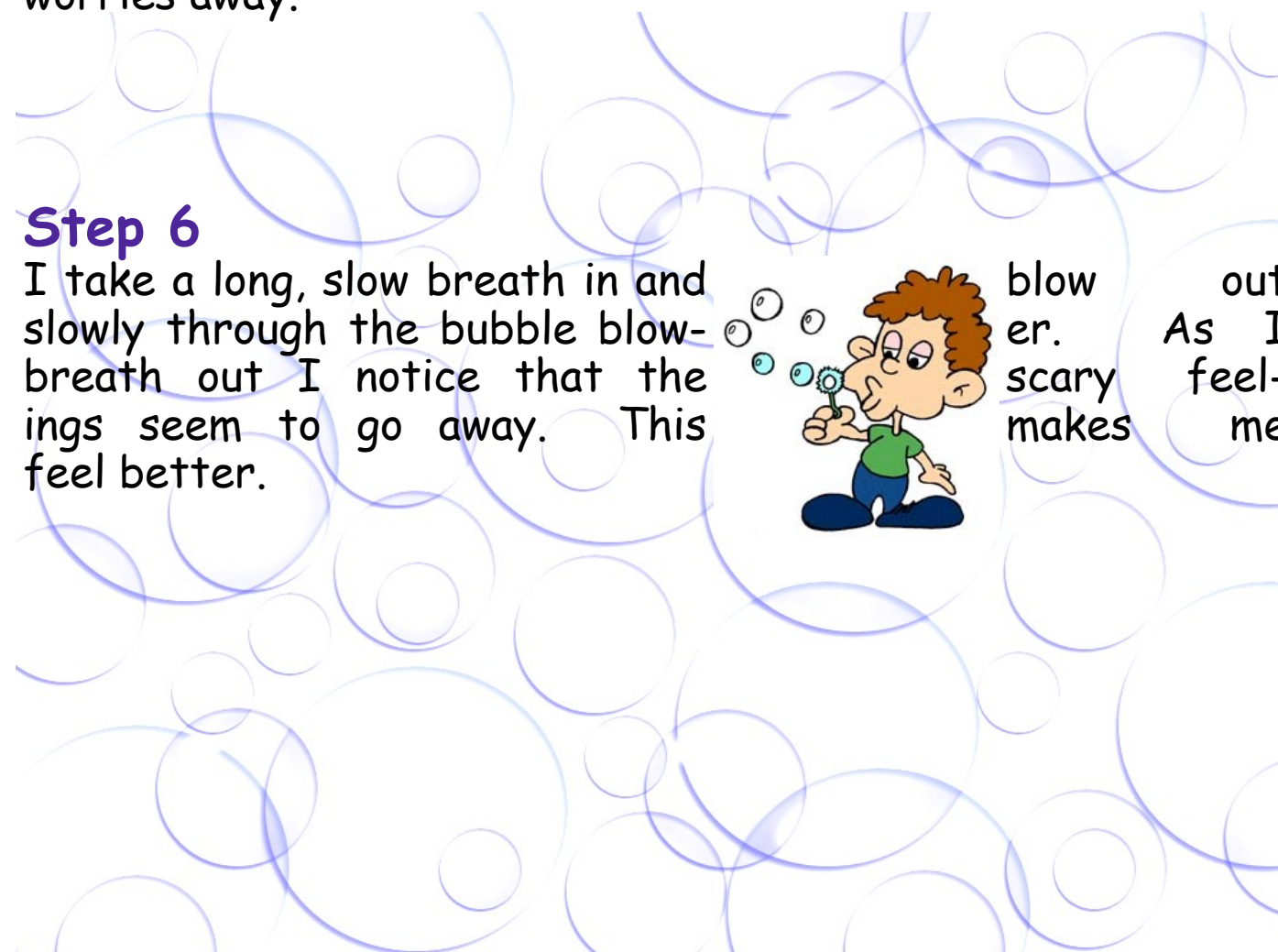


Step 4

I like to say the word "calm" in my mind while I am breathing out.

Step 5

Another way I do calm breathing is to blow bubbles with a bubble blower. 🧦 I imagine the bubbles are floating all my worries away.



Muscle Relaxation

When I feel uptight or nervous I use special relaxation techniques that help me feel calmer. I usually sit in a comfortable chair or lie on a bed and squeeze tight muscles in different parts of my body, hold them tight while I count to 8 and then relax.

Relaxing my hands

I pretend I have a tennis balls in my left hand. I squeeze the ball really hard while I count to 8. I feel the tightness in my hand and arm. Then I relax and let my hand and arm go floppy and soft. I do the same with my right hand

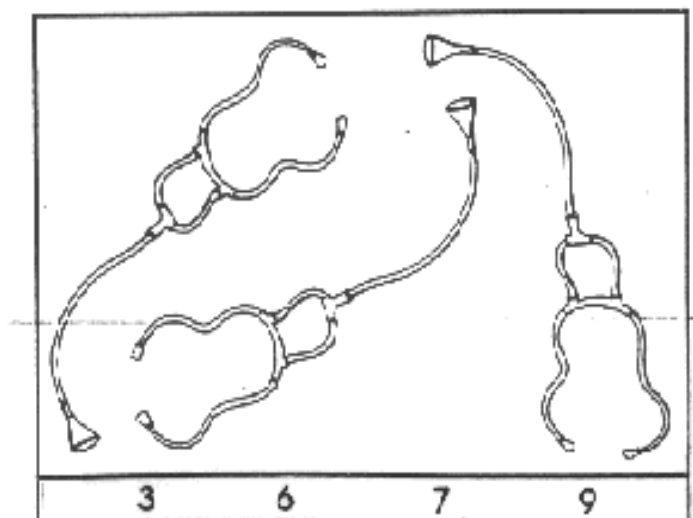
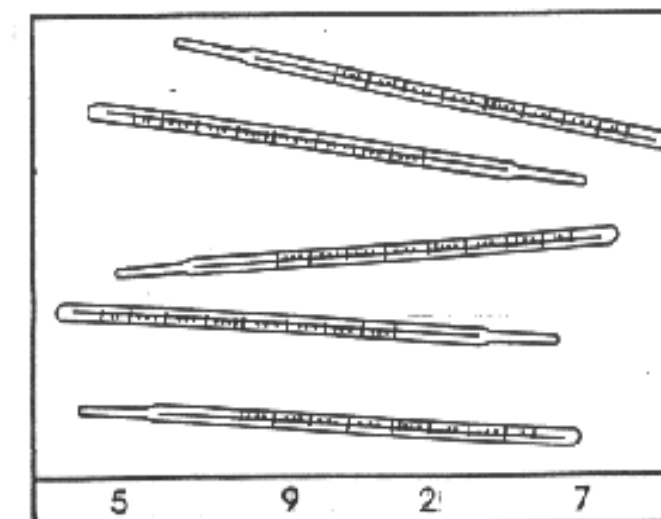
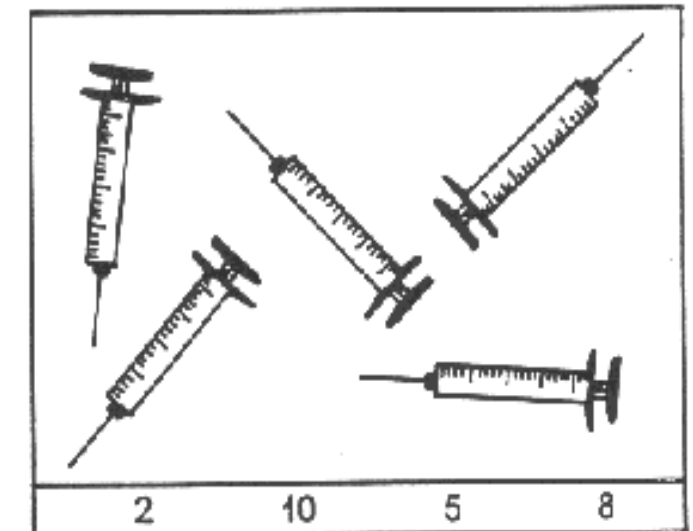
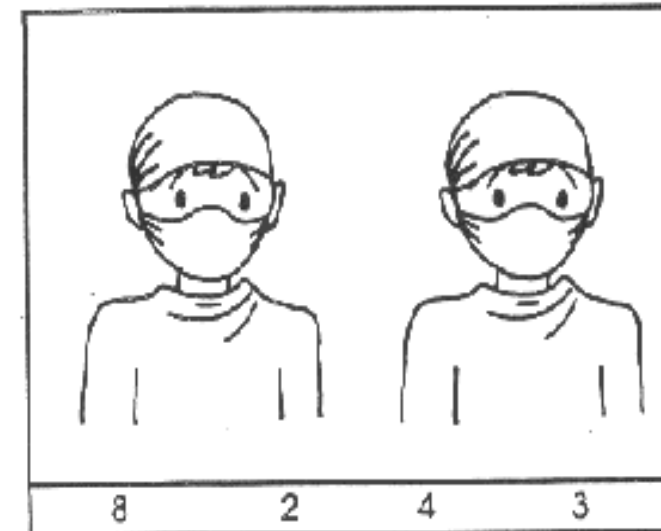
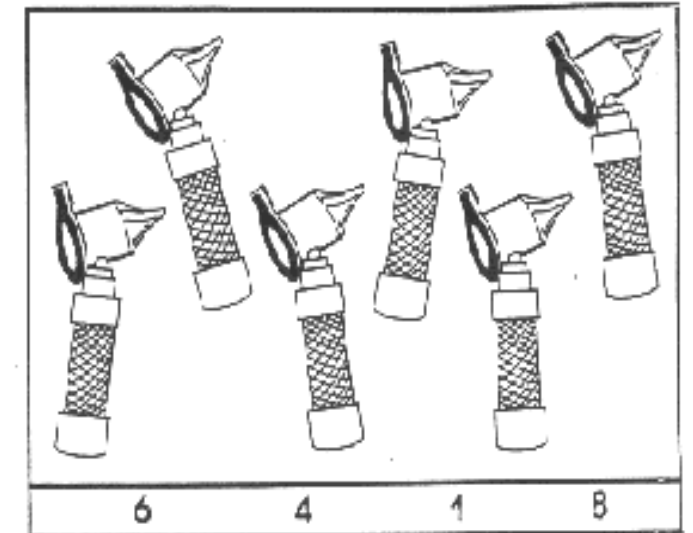
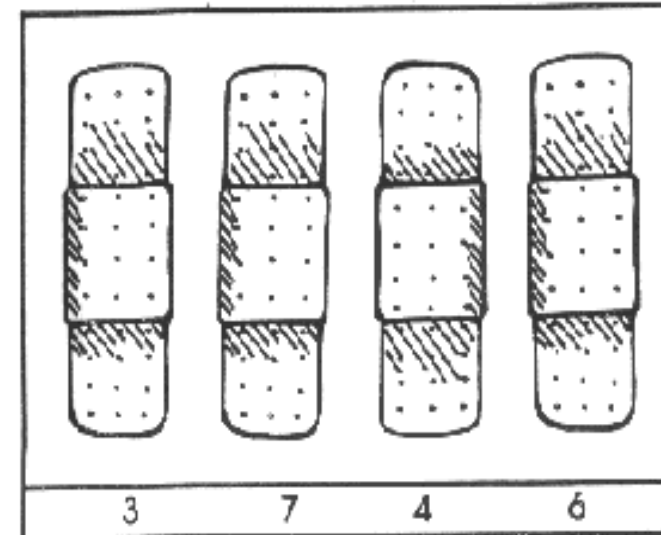
Relaxing my arms and shoulders

Now I pretend I am the strongest person in the world. I flex my muscles and show everyone how big they are while I count to 8 then I relax my arms and shoulders.



How Many Hospital Objects?

Count the hospital objects in each box and circle the correct number.



JOKES

Q: Why do dogs bury bones in the ground?

A: Because you can't bury them in trees!

Doctor, Doctor I think I need glasses

You certainly do, Sir, this is a fish and chip shop!

Q: What do you call an elephant at the North Pole?

A: Lost!

Knock! Knock!

Who's there?

Doris!

Doris who?

Doris locked that's why I am knocking!

Q: Why does lightening shock people?

A: It doesn't know how to conduct itself!

Q: How do you make fire with two sticks?

A: Make sure one of them is the match!

Relaxing my jaw

Next I pretend I am a rock monster biting down on a hard rock cake. I have to bite really hard and use all my neck and jaw muscles. Then I relax. The rock cake is really hard and I have to bite again to bite some off. I bite down really hard using all my neck and jaw muscles and then relax. Finally I bite a piece off.

Relaxing my face

I imagine a butterfly has landed on my nose and I have to get it off without using my hands. I screw up my nose really tightly and count to 8. Good he has flown away.

Oh No! He has landed on my forehead.

I wrinkle up my whole face and count to 8.

Whew! Now the butterfly has gone for good. I relax my face and it feels great.



Relaxing my stomach

Now I pretend I am putting on my little brothers jeans. They are way too small. I am trying to button them up. I squeeze my tummy muscles tight to do the button up. I can't get them done up. I relax.

I try again. I suck my tummy in tightly and count to 8. No way are they going to fit! I relax and decide to find a pair of jeans that fit.



Muscle Relaxation

Relaxing my legs and feet

Lastly I imagine I am lying on the soft sand at the beach. I wiggle my toes in the sand. I imagine feeling the warm sand moving between my toes. I dig my toes into the sand and push my heels down into the sand then count to 8. I relax.

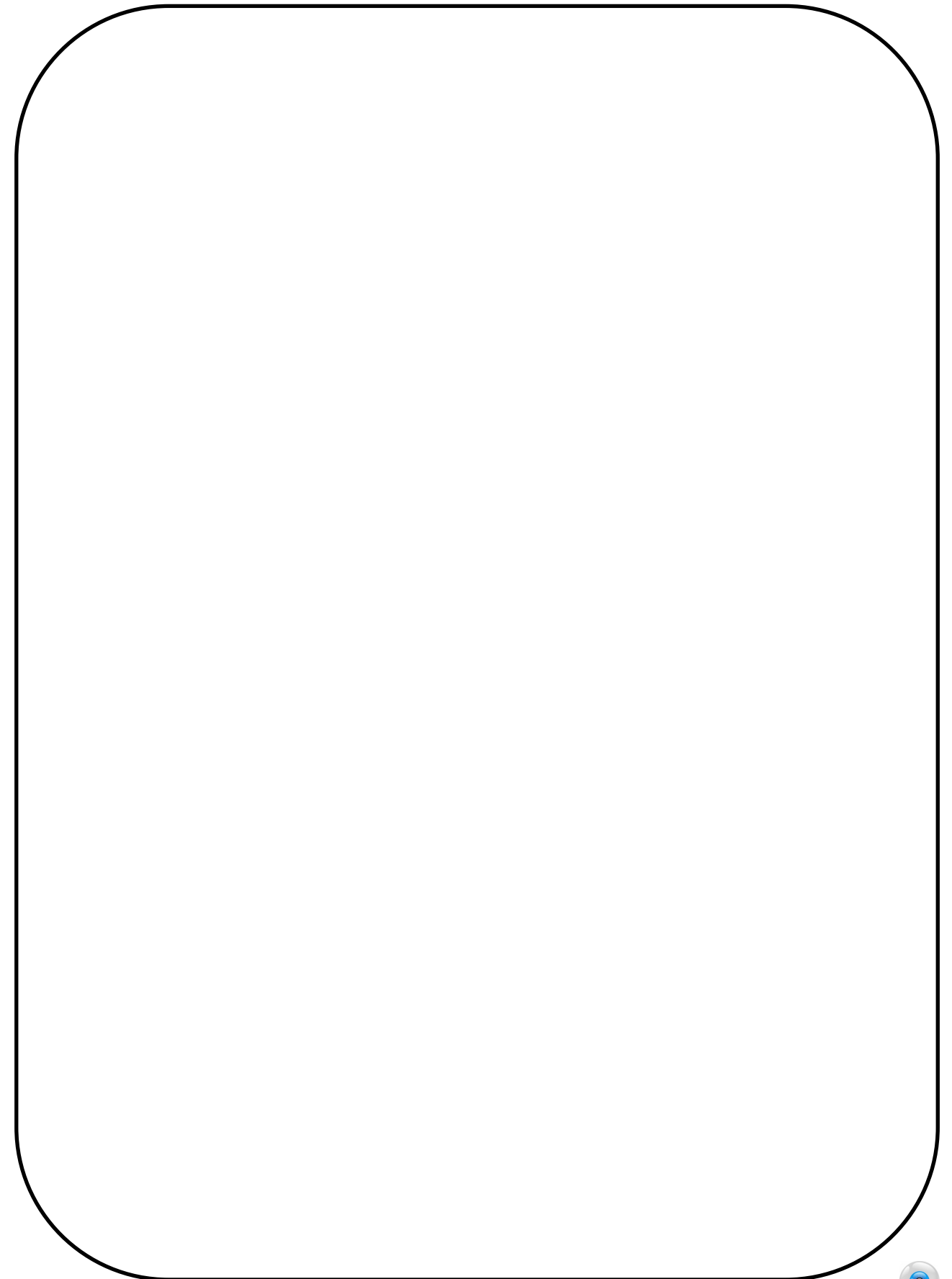
I squish my toes into the sand again and press my feet into the sand while I count to 8. I relax.



Now I have relaxed all my muscles. I let myself go soft and floppy. I close my eyes and enjoy how I feel with all my muscles relaxed.



Draw a picture of you going home.

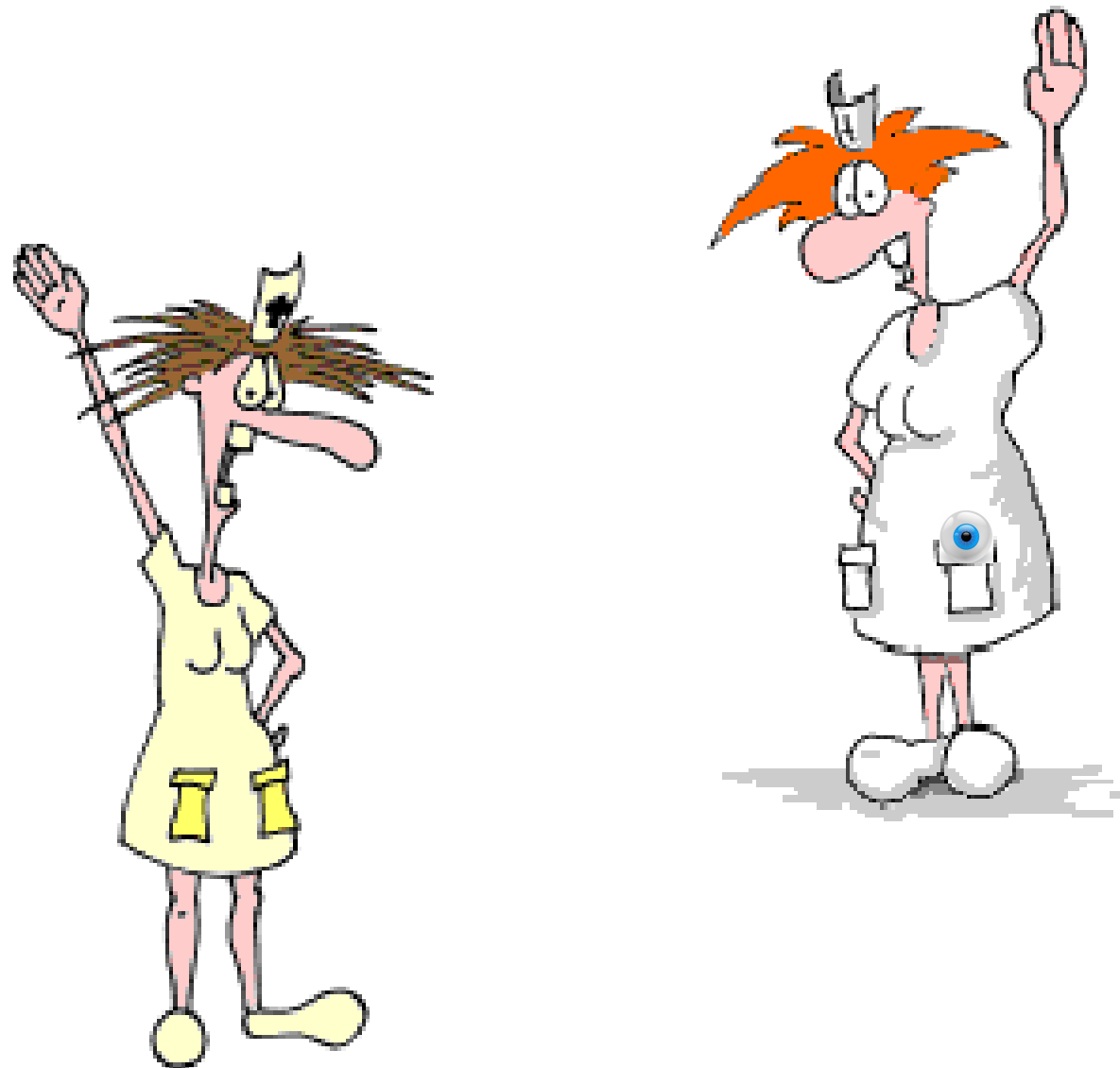


Finally it is time to go home.

My "drip" is removed and a band aid is put on my hand.

The nurses wave good bye and tell me what a brave patient I have been.


I feel very proud that I have been so brave.

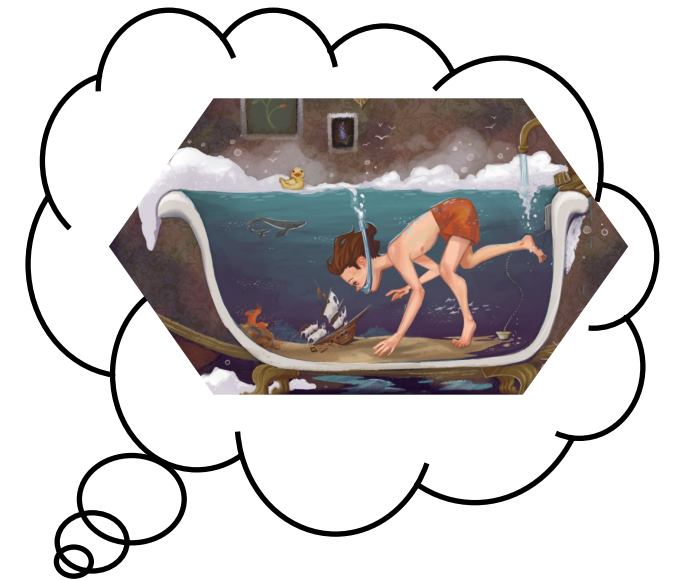


Busy Brainwaves

Busy brainwaves help me to focus on something pleasant when you are worried or in a situation where you feel scared.
Sometimes I use busy brainwaves when I am alone or bored

Here are  some ways I keep my mind busy.

- ◆ Look  at the pictures and paintings on the wall and think of a story to go with them.
- ◆ Read a book
- ◆ Listen to music
- ◆ Draw a picture
- ◆ Write a story
- ◆ Play a game or do a puzzle
- ◆ Play cards
- ◆ Blow bubbles
- ◆ Play with your toys



Getting ready to come to hospital is an important job.



I have to decide what toys, books or games I want to bring with me.

Last night I had a



soapy bubble bath and washed my hair.

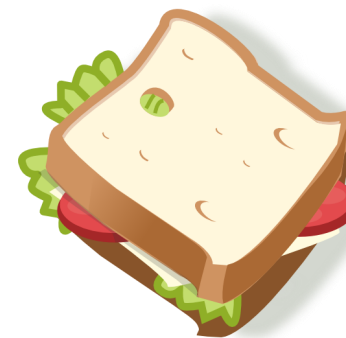


Mummy and Daddy helped me pick what clothes to wear for my operation.

Now I am awake I can have something to eat and drink. My throat is very dry and a little bit sore. The nurses have lovely cold ice blocks which help my throat feel better.



I also have some sandwiches and a drink.



I get to sit on Mummy's lap until it is time to go home.

While we are waiting we read a story and play with the games and toys I brought to hospital with me.



The PACU nurses take my temperature again.

They also put the soft clip on my finger again so they can make sure my oxygen level and heart beat are OK.

I can here it going "beep", "beep" , "beep" but it doesn't worry me too much because I still very tired after my long sleep.

It helps to close my eyes and sleep for a bit longer.

The nurse gives me some sunglasses to keep out the bright lights, this really helps my eye feel not so sore.

Mummy and Daddy think I look really cool!



When I am more awake I move from a bed to a comfy chair.



My most important job before my surgery is not to have anything to eat. Even though I am really hungry I know this is important so my doctors can keep me safe while I have my operation.

Word Search



b	a	u	h	d	s	o	u	p
r	p	t	o	m	a	t	o	d
e	p	q	s	k	r	l	p	r
a	l	e	g	g	x	a	i	i
d	e	e	p	e	a	r	z	c
j	a	m	k	w	t	g	z	e
s	a	n	d	w	i	c	h	o
c	x	b	u	r	g	e	r	h
c	a	k	e	h	o	n	e	y

egg	apple	bread	jam
honey	tomato	rice	soup
burger	sandwich	cake	pear

My favourite sandwich is:

When I arrive at the hospital my family and 🧑 I will go to reception.

This is where my family takes care of all the paperwork.



The friendly reception staff help me find the play area and show my family where to sit before we go through to the pre op area.

We don't have to wait here very long.

While I am waiting I play with the toys and games I packed to come to hospital.

When I wake up I am in the recovery room also called the PACU.

Here the nurses make 🧑 sure I am waking up and I will have some waking up air called oxygen on or near my face. It feels cold and tickles my nose.



The PACU nurse get my parents to come and sit with me as soon as I am awake.

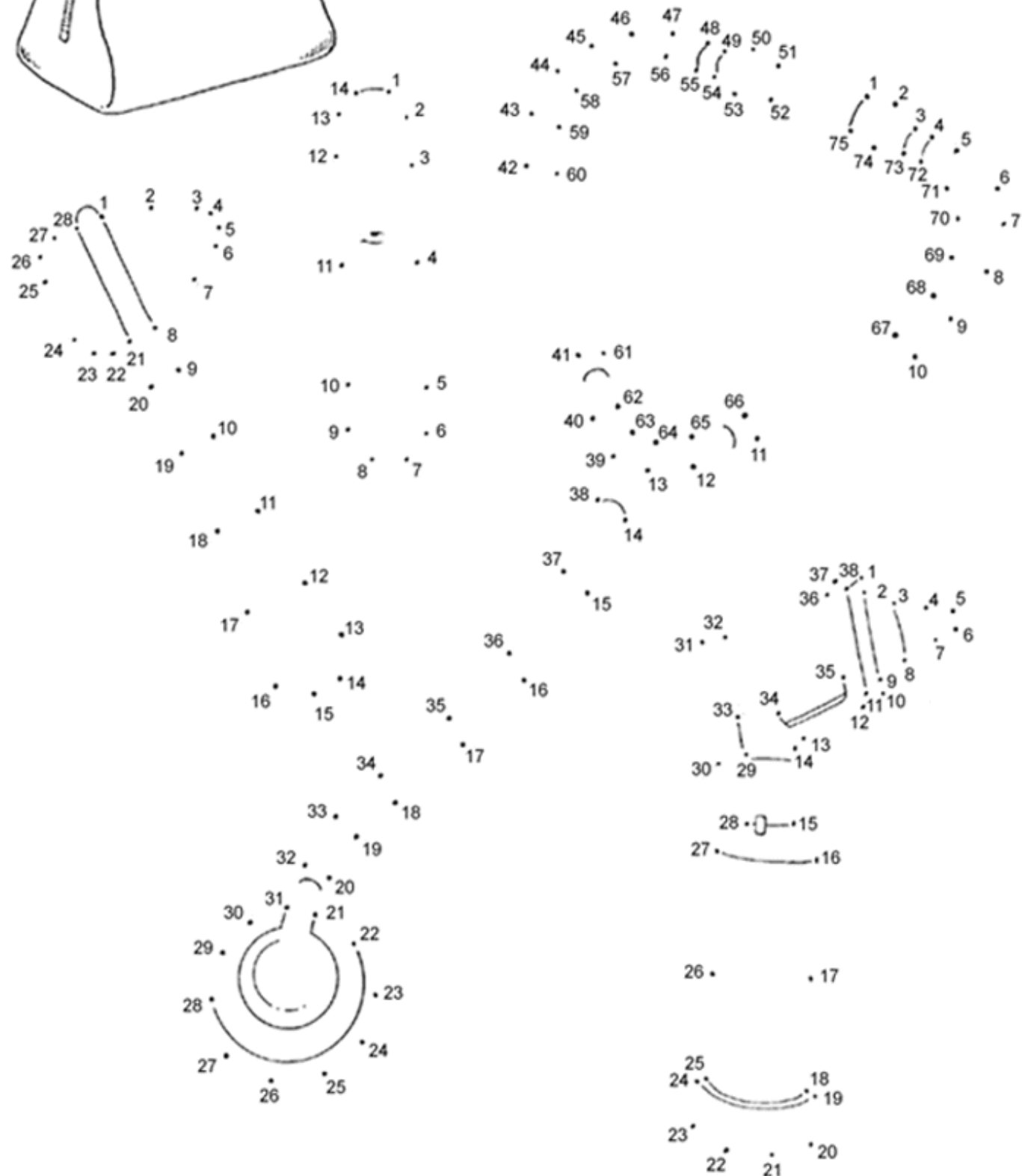
I have an eye patch on and the nurse tells me it is important that I do not touch or rub my eye.

The nurses are very helpful and friendly. They tell me it is important to let them know if I feel sick in the tummy or 🧑 have pain so they can give me some medicine to make me feel better.

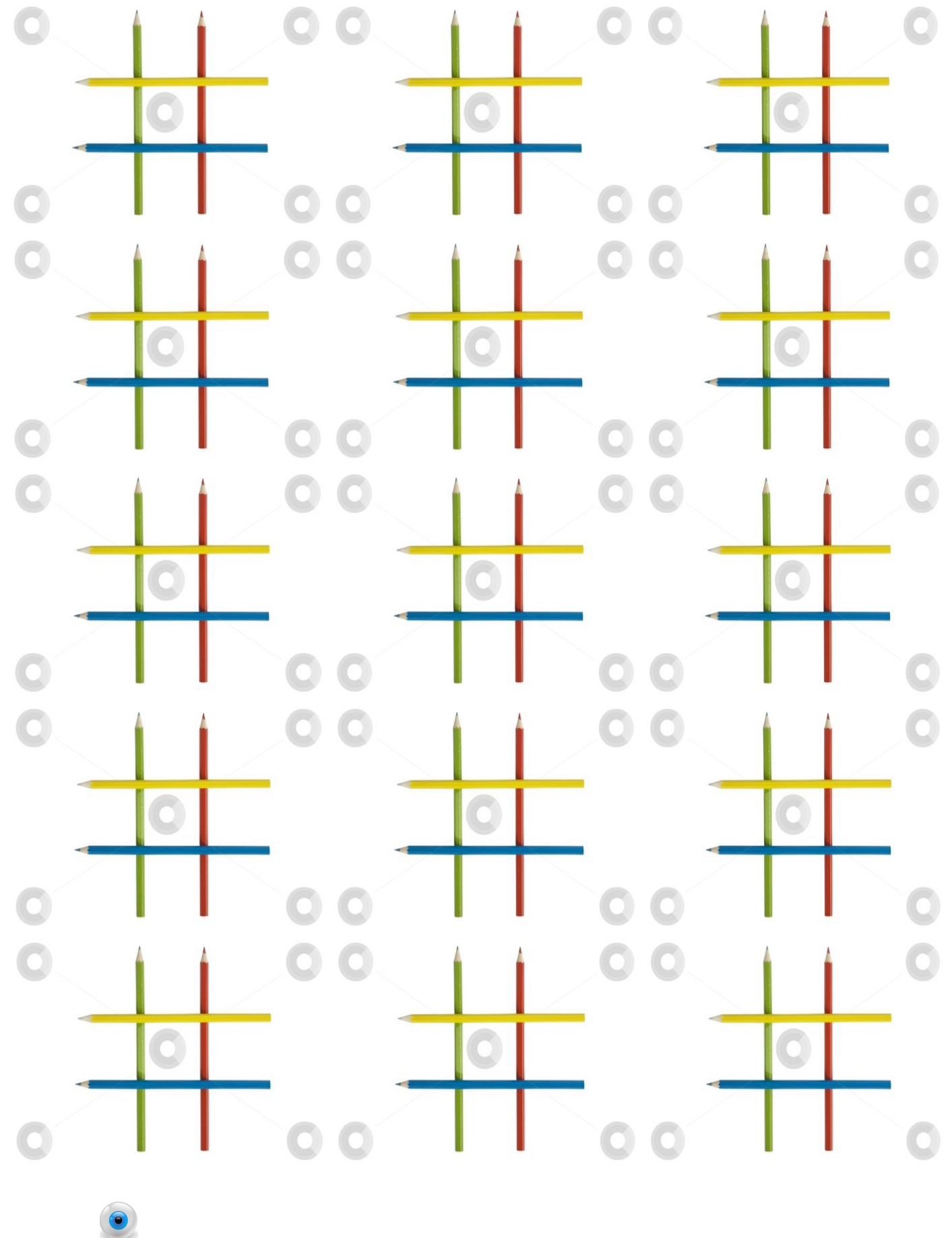


What's in the doctors bag?

Join the dots to find out.



Tic-Tac-Toe will pass the time



Here comes the pre op nurse.
 She has a friendly smile on her face and calls my name.
 My family and I follow her to the pre op area.
 She is very helpful and answers all my questions.

First of all she checks my weight.

Next she takes my temperature with a special thermometer that goes in my ear. It doesn't hurt but tickles just a bit. When it is ready it goes "beep".



Then she measures my heart rate and the amount of oxygen in my blood. This is done by using a machine called an oxymeter which has a special soft clip with a little red light inside. The clip goes on my finger but it doesn't hurt one bit.



Medical Word Search

B	H	Y	G	I	E	N	M	S	T	X	R	Z	U	M	U	T	A	L	B
J	F	T	S	I	T	H	E	R	M	O	M	E	T	E	R	V	U	X	A
C	E	L	T	P	V	P	D	O	R	C	G	Z	R	D	L	A	B	R	X
X	V	B	A	N	D	A	G	E	F	H	O	N	O	N	T	C	G	A	M
H	E	R	U	X	G	X	Z	Y	L	E	S	U	G	L	U	C	L	Y	E
E	R	U	M	T	C	S	H	D	O	C	T	O	R	U	J	I	T	F	T
A	T	M	E	D	G	T	N	T	A	K	M	E	D	B	A	N	D	E	S
L	A	N	D	A	G	E	X	S	N	U	K	O	T	T	L	E	I	X	Y
T	K	M	I	S	B	T	R	P	D	P	Q	U	S	O	E	T	S	F	S
H	R	U	C	N	L	H	O	T	A	H	E	A	R	T	B	E	A	T	X
X	J	K	I	U	O	O	N	U	G	C	C	O	A	T	E	I	X	W	H
S	E	F	N	R	O	S	S	N	E	R	D	L	I	H	C	I	I	S	T
Y	G	U	E	S	D	C	S	O	J	C	T	J	I	E	T	P	P	I	L
S	U	S	T	E	J	O	M	E	E	A	T	G	J	I	I	O	H	P	A
T	B	A	N	D	A	P	E	M	E	D	H	B	F	G	S	T	A	J	E
E	E	V	E	R	W	E	I	G	H	T	U	W	I	H	T	S	R	S	H
M	U	R	S	E	S	W	J	N	W	Q	S	R	S	T	O	J	M	E	X
X	S	T	I	D	M	E	D	N	O	W	E	Q	J	L	R	S	A	E	C
A	X	S	T	I	T	C	H	E	S	B	O	W	O	W	S	S	C	X	J
B	I	Y	M	T	I	M	W	R	T	Q	R	P	C	B	R	U	Y	H	B

Find these words:

BANDAGE	HEARTBEAT	STETHOSCOPE
BLOOD	HEIGHT	STITCHES
CAST	MEDICINE	THERMOMETER
CHECKUP	NURSE	VACCINE
DOCTOR	PHARMACY	WEIGHT
FEVER		XRAY

Now it's my turn to help my anaesthetist. He gives me a mask to hold which has "funny" smelling air.



I have to pretend I am blowing up a big balloon.

The "funny" smelling air will make me go to sleep. Some kids have sleepy medicine put through a plastic straw called a "drip" in their hand but they only remember a few seconds before they go to sleep. The anaesthetist make sure I don't feel any pain while I am asleep and will keep giving me the "go to sleep" air until my operation is finished and it is time to wake up.

My pre op nurse asks my parents lots of questions about me.

When my pre op nurse has finished all my paper work she puts a name band on my ankle. It tells everyone who I am and if I am allergic to anything.

I get a funny hat to put which looks like a shower cap.



my blue on like



The nurse also put drops in my eye so the doctor can do my operation. Sometimes these drops sting but only for a couple of seconds.


I use my "busy brainwaves" and "calm breathing" to take my mind off the stinging.



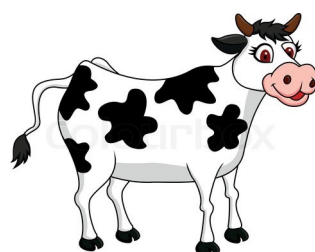
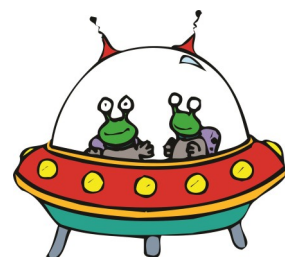
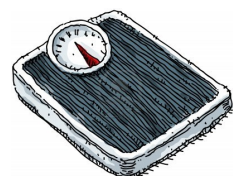


The nurse also puts some special magic cream on my hand and covers it with a clear plastic Band-Aid.




This makes my skin go numb so the anaesthetist can put a plastic straw in my  hand without it hurting. This is where he gives me the medicine that makes me stay asleep during my operation.

Circle all the items you have seen today



Now I am ready to see my anaesthetist. The anaesthetist is a special doctor who puts me to sleep and keeps me asleep while the surgeon does my operation.

My anaesthetist explains every-  thing to me and makes me feel safe.

It's almost time for me to have my operation. My anaesthetic nurse comes to pre op and takes me to the operating theatre. She has a friendly smile and happy eyes which makes me feel not so afraid.

In the operating theatre there is a special team of doctors and nurses who are waiting just for me. They look strange in their blue pajamas, shower caps and masks.

It's time to kiss my parents goodbye and give them a big hug before I go off to sleep.

