

My book about
going to see the
Doctor or Nurse



This book belongs to:

.....



How this can book help you:

Use this book to help prepare and familiarise yourself
for your visit to the Doctor or Nurse.

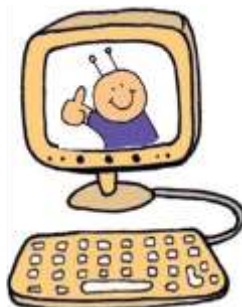
- W E L C O M E -

CONTACT DETAILS:

Address:
Strand Medical
1B The Causeway
Goring-By-Sea
BN126FA

Telephone: 01903 243351

www.strandmedical.co.uk



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Important Information about you

(You don't have to fill this in; or you can ask someone to help you fill this in)

Your Name:

Date of Birth:

Emergency contact details

Their Name:

Phone Number:

Who is coming on the visit with you?

DO YOU NEED EXTRA SUPPORT?

Do you have any communication needs?



Going to the Doctor



Sometimes you need to see the Doctor or Nurse if you are not feeling well.



Sometimes you need to see the Doctors or Nurse to check you are healthy.

A space to write down about why you are going to see the Doctor or Nurse:

A large, empty rectangular box with a thin orange border, intended for a student to write their response.

Write down questions you want to ask the
Doctor or Nurse:



Important things you want your Doctor
or Nurse to know about you



How would people know that you are feeling
happy and calm?



What are some good ways to help you feel
more happy and calm?



How would people know that you are feeling stressed, worried or angry?



What are some things that make you feel upset, worried or angry?

STRAND MEDICAL

Pictures of the outside of the Strand Medical Practice



Entrance and
the glass doors
where you go in



Toilets at the practice

There are toilets at the Strand Medical.

If you need any help in finding them you can ask the receptionist.

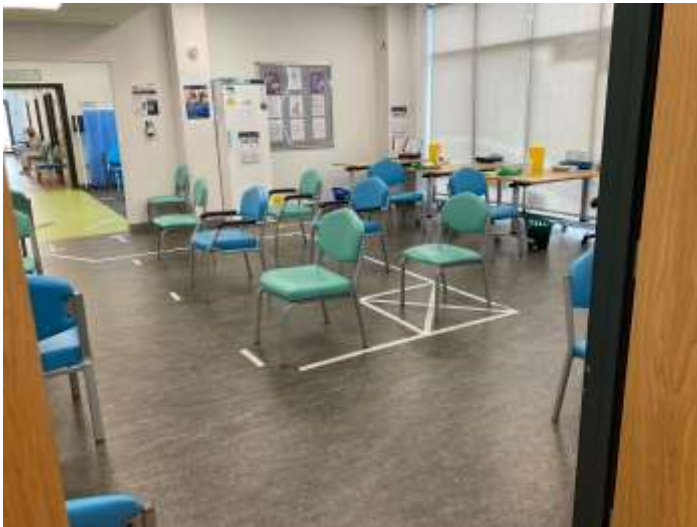


Waiting for your appointment

If you are **meeting** with the **Nurse** you will wait on the **ground floor**.

There are some chairs that you can sit on when you are waiting.

The **Nurse** will come out to the waiting room and call your name when it's your turn for your appointment.



What happens next?

When it's your turn, the Doctor or Nurse will come to the waiting room and call your name.

You will go with them through the **corridor** to the room.



The room could look like this....

The Doctor or Nurse will show you where you can sit.
They will usually sit at the desk.





The Doctor or Nurse might ask you some questions about how you are feeling. They might also ask your Parent/Carer some questions about you.

This is good because the Doctor or Nurse needs to know as much as they can to make sure that they can help you.

**Some of the questions
they might ask are:**

- **How are you feeling at the moment?**
- **How much does it hurt on a scale of 1-10?**

Taking your temperature

A thermometer is used when you have to have your temperature taken.



Taking your blood pressure

They will use a sphygmomanometer to do this. Here are some pictures of what they may look like.



It might feel a bit tight around your arm.

The Doctor or Nurse will tell you when it will stop being tight.

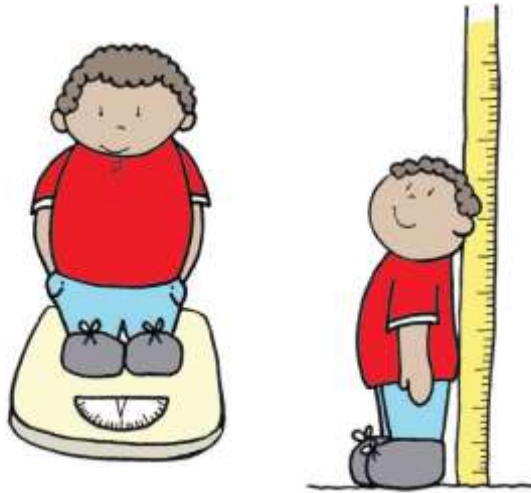
Checking inside your ears

An otoscope is used when the Doctor or Nurse needs to check inside your ears.



Getting Weighed

If you need to get weighed, a Doctor or Nurse will usually use a scale. It is good for you to stand or sit on the scale so they can weigh you.

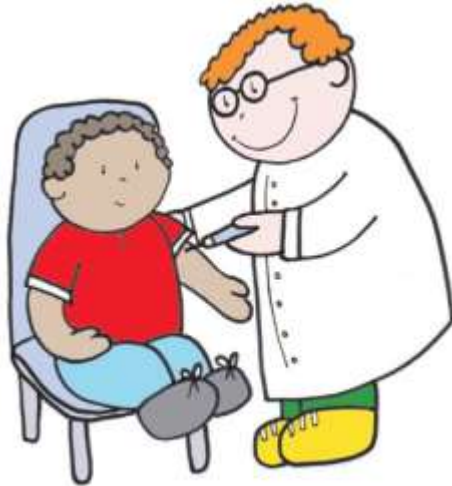


How tall are you?

Sometimes the Doctor or Nurse will need to measure how tall you are. They will usually use a height chart to do this.

Having an injection

Sometimes the Doctor or Nurse will need to give you an injection. It is good for you to stand or sit still.



Getting a nose spray

You may need to get a spray up your nose. It is important that you sit still so that they can do this—it won't last long. It might tickle your nose a bit.

Having your body checked

Sometimes the Doctor or Nurse will need to give you a physical checkup. They know how to do this safely. You may need to lie down on the bed.



They might need to gently touch your tummy, legs, back or head. You can tell them if this is hurting you. It is important that they know.

At the end of your appointment the Doctor or Nurse will talk to your Parent/Carer and to you about what needs to happen next. You may need to come back to the Doctor for another check up to make sure that you are getting better.

Sometimes you will be given medicine to help you get better. Your Parent/Carer will keep your medicine and give it to you when you need it.



You can leave the Doctors when you have finished your appointment.

WELL DONE!

**Big thumbs
up to you for
going to the
Doctors!**



Sometimes I find it difficult to say how I feel....

I can use my finger to point at one of these faces to let you know how I am feeling.



I feel HAPPY
and I would like to
stay



I feel OK being
here and I don't
mind if I stay



I feel ANGRY or
SAD or WORRIED
and I would like to
leave

How to make an appointment to see your Doctor or Nurse

You can call the phone number **01903 243351**. A Receptionist will answer and ask some questions. Try and answer the questions as best you can.

The receptionist might book you an appointment and will tell you a date and a time. Or they might arrange for a telephone call. This means the Doctor will call you back on your phone.

You can go to the website and book an appointment online.

If you are very worried and can't get through to your doctor, you can call **111**—they are trained to speak to you and will give you advice.

If it is a medical emergency call **999** and ask for an ambulance. Tell them what you are worried about, your name, date of birth, and where you live. They will explain what will happen next.