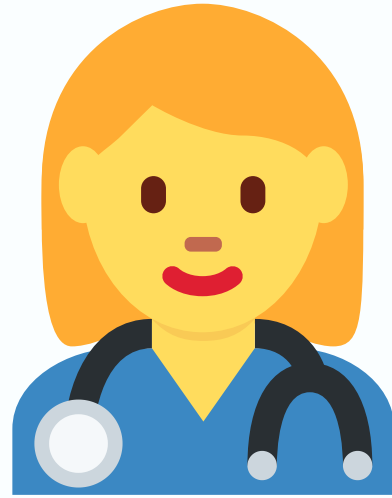


Paving the Way Post Special Edition!

Lots of children need
to visit a doctor or
go to hospital for a
variety of medical
reasons





In this special edition of the PTW Post we are going to hear from children who would like to share their experiences in the hope that it might help other children who are going through something similar

Let's meet 2 boys who are
at a local Junior school:

**BP is 11 years old and is
Year 6**

He supports Chelsea FC



**JP is 9 years old and is
in Year 5**

**He supports Manchester
United FC!**

JP's story!

JP is 9 years old

He likes playing football, scoring goals, supporting

Manchester United FC and is a twin!

When his Mum had a scan at 20 weeks (before he was born) she was told that he had a heart condition

The heart condition is called; Double Outlet Right Ventricle (DORV)

After he was born, he had to stay in hospital (Intensive Care Unit) for a couple of weeks



His first operation happened when he was 6 months old and he had to stay in hospital for 2 weeks after the operation

**JP had another operation when he was 18 months old
He now has to have check ups every 6 months when he goes to the Brompton Hospital**

This is the hospital that
BP and JP visit every 6
months !



BP's story!

My name is BP and I was born with something called Tetralogy of Fallot, tetra means 4, I had 4 things wrong with my heart. It was fixed in a 6-hour long operation when I was a baby. I must go for regular check-ups at The Royal Brompton in London, and have scans, exercise tests and ECGs and MRIs, which all sound a lot scarier than they are. Before I have anything new, I watch a video of it online with my Mum or Dad, so I know what to expect. I have another operation on my heart coming up they will replace one of my valves with a cow's valve!

Every year on the date of my
operation we celebrate
"My heart day!"



Some more about me ...

A few years ago, I was really poorly with an infection which meant I was in hospital for a month and had to have lots of operations on my arm, this meant physiotherapy, and working with doctors to do what is right for me and getting strong again so I can play football.

I still have to have appointments for my arm - its not scary at all!



My top tips are:

Ask lots of questions if you want to know why they are doing something ask.

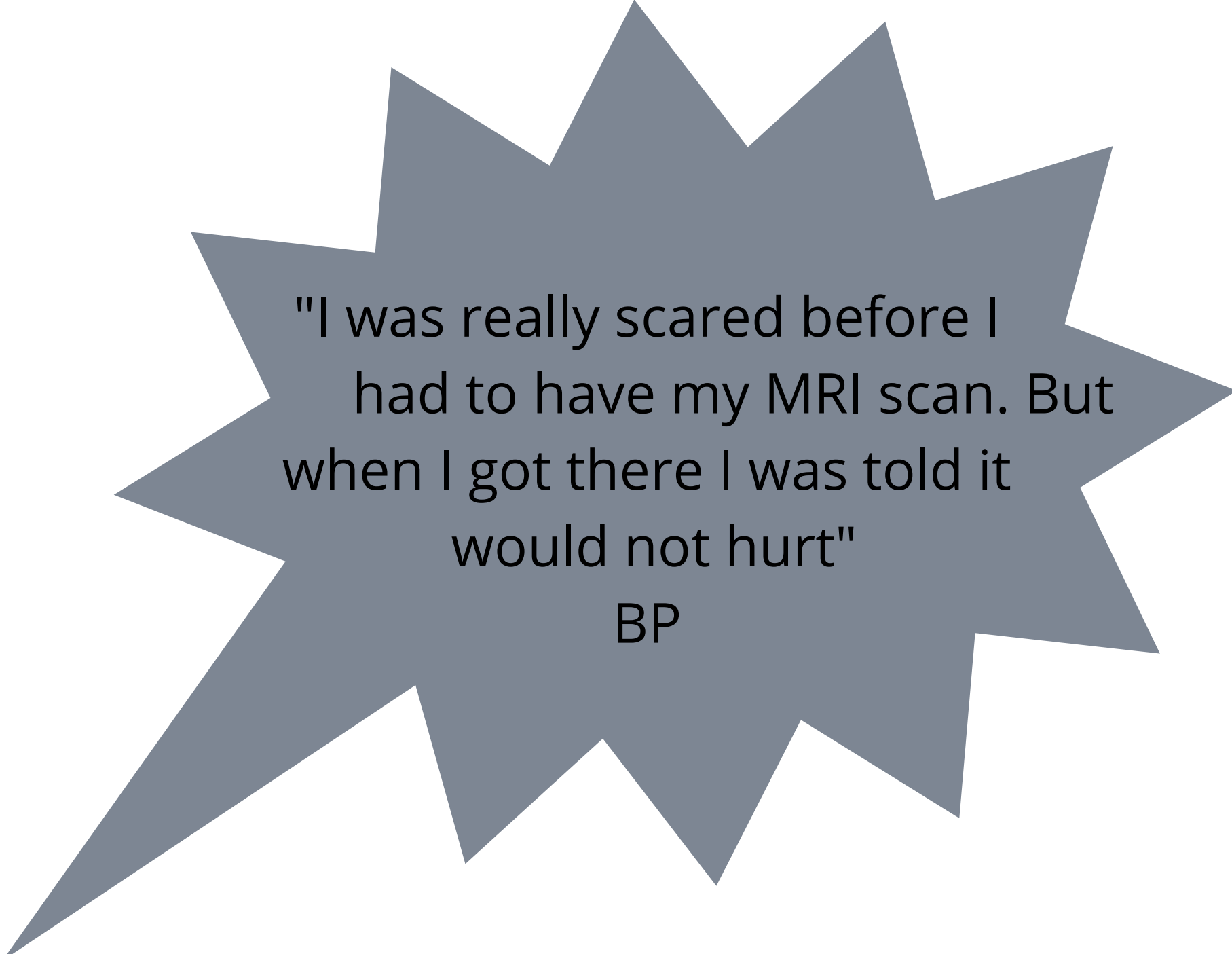
Remember everyone is trying to help you.

Look at things online, I listened to the sound of the MRI machine before I went in it

If you are having a blood test use the magic cream (my Mum says you can buy it from Boots!)

It's okay to feel nervous.

Here is what the boys had to
say about some of their
appointments...



"I was really scared before I
had to have my MRI scan. But
when I got there I was told it
would not hurt"

BP

BP having an MRI scan!



"I felt emotional, I didn't know what was going to happen, so I didn't have it done"

JP

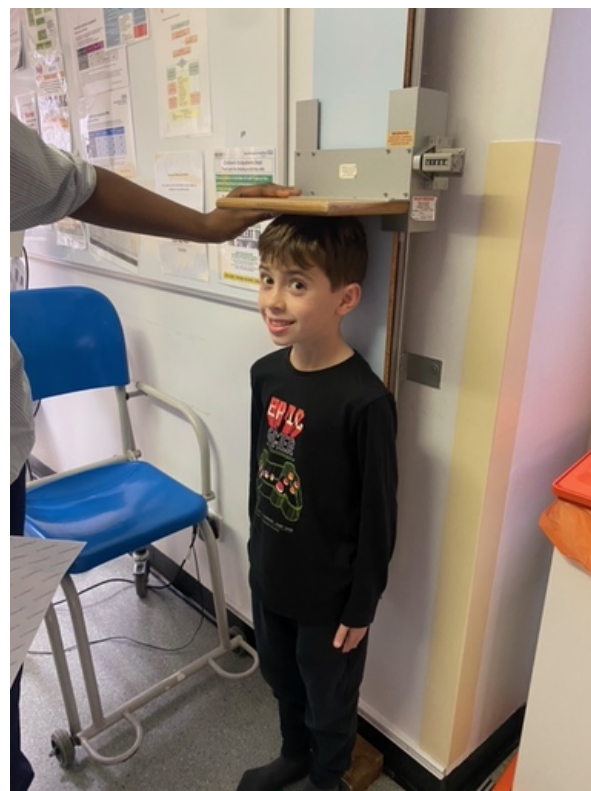
BP and JP talked about what might have helped JP to have had a less upsetting experience when he was told he needed to have a MRI scan

" I would have liked to have known more about it before hand. Is it noisy, does it hurt, what will I hear, how long will I be in there for?"

Here are some ideas
that the
boys came
up with!



1. Put your favourite songs on a play list or download an audio book to listen to
2. Think of something you really like doing and ask your Mum or Dad if you can have it as a treat afterwards!
3. If you have to have an injection or blood taken - the numbing cream can really help!
4. Try not to be scared but ask what is going to happen, rather than worry about it!



Here is JP at his last
hospital
appointment!

**At hospital check-ups
you might need to have the following done:**

Your blood pressure taken



**Your pulse taken - to check how
fast or slow your heart is beating and this
gadget will also measure the oxygen levels
in the blood**

**Your height measured -
to check you are growing**



We have a new reporter who would like to share his story with you all.

Over to you EB!

Hi! I'm E.B and I'm 8 years old, in year 4. I like to ride my bike and make my own books. I have lots of troubles and worries just like you, so have some top tips to help...

1. Draw stuff you like

2. Go outside for fresh air

3. See family and friends

By the way, to draw stuff you like takes your mind off everything else.

I have to go to hospital millions and billions of times because when I was 2 years old they found out I had problems with my leg and it needed surgery. I then had a cast on for 8 weeks, then leg splints and physiotherapy to get it strong again. One year later, they checked the other leg and it had the same problem so that needed surgery too, I had a cast and splints again, and now I have to go hospital every 6 months to see a doctor for regular check ups and to make sure the problem isn't there anymore.

I have to see another doctor at a hospital in London because my bladder doesn't work properly and right now they are trying to find a medicine that can help me and help my bladder get better.

Trust me, they do not want to hurt you and all the doctors and nurses are really friendly! All they are just trying to do is help you and make you better.

That's it from me, bye!

EB