

Visiting the Hospital

FUNDACIÓN
LUCÍA

Marta Barbal





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Today I have to wake up early, because I need to go to the hospital. "Good morning Lucía. Come on, get out of bed," my dad says to me.

2 Oh! I'm so tired. When I have to go to the hospital I need to wake up earlier than other days, and to make it worse I can't even have breakfast! I know I have to do some blood tests every three months, so I better get dressed quickly, wash my face and brush my teeth. So... ready, set, go!



As soon as we get to the hospital we go to see Maria. She is the nurse who gives me the shot to take some blood for tests. Lucky for me she does it quickly, because I really don't like needles.

Maria is very good at her job. She always says to me, "Come on Lucía, look at the ceiling and don't think about the pain."

"Bff, bff, bff..."

"There you go; I've finished. Wasn't it quick? I'm sure you didn't notice it at all. Bye-bye, sweetie!" she says to me as she puts a band-aid on my arm.



"And now breakfast time!" my dad says. "You have been such a good girl, Lucía".

- 6 And this is the part I like the most about going to the hospital. When we come here I can have different things for breakfast than I do at home. Here I can have a donut and a chocolate milkshake!

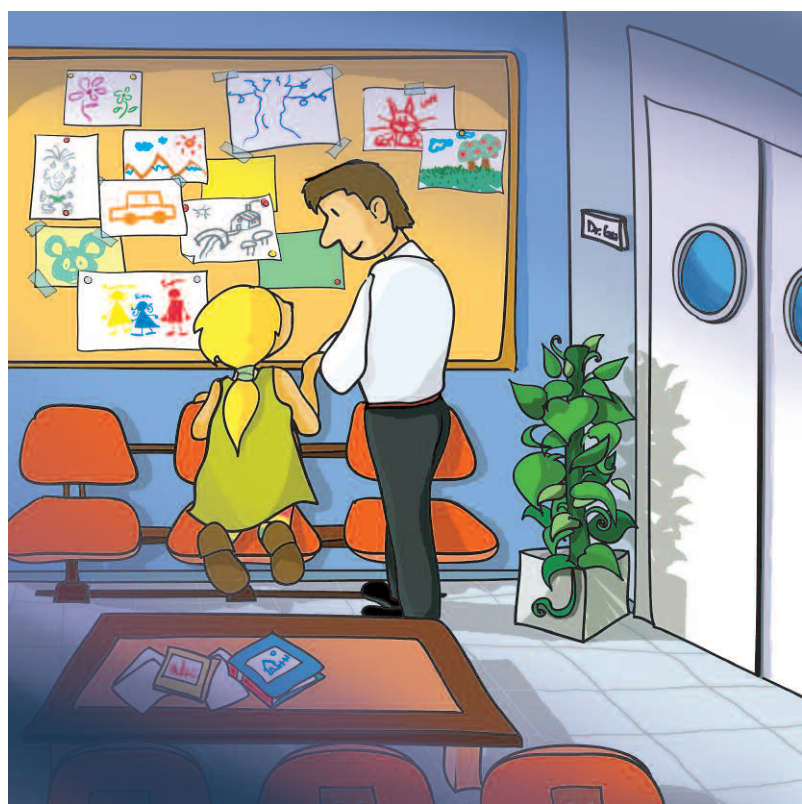


After breakfast we go to visit the doctor. There are some drawings on the walls done by other boys and girls.

"Look dad, there is the drawing I did. I really don't like it at all. Hmmm. I think I will do another one."

Suddenly I see Lluïsa and shout, "Hey Lluïsa, hello!" She is the nurse who works with my doctor.

She is so kind. "Hey, little princess! Come on, get inside," she says.



She tells me to take my clothes off. Then she checks my weight and height before the doctor comes in.

What I don't like is when my doctor, Carles, makes me open my mouth real wide and puts a little wooden 'thing' in my throat. Oh! My God, I feel like throwing up all my breakfast.

Yuck, what a disgusting feeling.

Another thing I don't like is the vaccinations.



12 Carles is really nice. Sometimes he gives me a plastic glove so I can blow it up, and sometimes he draws a happy face on each finger, as if it were a balloon. I like playing with it. It's fun.



14 Suddenly my doctor Carles comes in.



Carles is very cool. As soon as he sees me he starts asking a bunch of questions like, "How are you? Are you feeling well? Are you taking your medicine correctly?".

He wants to know everything! Honestly I like him a lot because when I feel sick he always takes care of me.



Carles is always happy. He says that everything is OK because I take my medicine. I know how to do it myself, but sometimes my parents help me.

Every three months they do some blood tests to see if the medicine is working and my defences are increasing.



I hope that by telling you about my trip to the hospital, you understand why I come and how important it is for me and my health.

If you have to go to the hospital like I do, remember that you don't have to worry. It is not so bad. I bet you can make friends, and there is always a good breakfast!





ACTIVITIES

- 1 Write your doctor's name and say if you like him or her. Be honest! Then draw a picture of your doctor.
- 2 What don't you like about visiting your doctor, and what do you like the most?
- 3 Draw and write the names of some things that you can find during your visit to the hospital.
- 4 When was the last time you went to see the doctor and what happened there?
- 5 Do you take medicine, and what is the correct way to take it?. Fill this table:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

- 6 Think and answer:
 - Do you think it is important to take your medicine correctly?
 - What would happen if you didn't take it correctly?
 - Do you know how to take it correctly or do you need an adult to tell you how?
- 7 What is the name of your hospital and where is it?



NOTE FOR TEACHERS

These stories are written to explain to children between 7 and 13 years of age what is known about the HIV infection and AIDS: its origins; how it is thought that new pathogens appeared affecting humans; the transmission channels of this disease; the measures to prevent it, and also its clinical, social and emotional treatments.

These stories do not correspond to the story of the real Lucia who gave her name to the Foundation.

Here are some additional aspects to take into consideration:

- 1 Since some of the topics covered in these stories are difficult for children to understand, we recommend the participation of an adult to lead the reading and clarify and comment on any questions.
- 2 The stories take place here, in Spain. Thanks to access to treatment, the quality of life for infected persons is generally good, but these circumstances are not the same in the rest of the world. There are many countries where HIV infection means certain death in a short time period.
- 3 The treatments described in these stories are the same one that were available when they were written. But other, more complicated treatments are being developed, and we hope that these treatments will be able to improve current ones.
- 4 One of the main aims of these stories is to diminish the social stigma surrounding the disease and the people infected with it via an objective approach based on information.
- 5 All stories were written to give answers and work on different questions when children ask to talk about these topics.

This material was developed to support adults when they talk with children about HIV infection. For children in general, the material is a basic tool of information and knowledge towards preventing infection. For affected children, there are stories that can be read before their own diagnosis or a family member's diagnosis is known: the second story, "How Does My Body Work?", the fourth story, "Visiting the Hospital", the fifth story, "Trusting and Sharing" and the sixth story, "A Normal Day". All these stories are very useful for answering questions that children may ask when the topic is discussed with freedom.
- 6 All stories contain a minimum of 5 exercises for afterthought and consolidating knowledge.

- 1 The Family**
We all have a family and a history.
- 2 How Does My Body Work?**
Anatomical and physiological concepts necessary to better understand how to take care of our health and practice good prevention.
- 3 The History of HIV**
This story goes over the origins of this new infection, the discovery of the pathogen that causes it and its transmission channels.
- 4 Visiting the Hospital**
To have a good understanding of our health, it is necessary that we have periodic check-ups.
- 5 Trusting and Sharing**
Due to social rejection, infected people have a right to intimacy in order to avoid discrimination and mistreatment. It is important to mention that if this is taken to the extreme, it can cause loneliness, because we all need each other and need to relate with one another. In life it is always important to evaluate with whom you can and want to share your secrets.
- 6 A Normal Day**
The daily activities of a child who takes medication are different, and like all children they sometimes have more needs than adults do.
- 7 My Friends at the Hospital**
The lives of people who are infected with HIV are affected by many realities, all of which have been taken into consideration here.
- 8 Medication**
This story explains drug mechanisms to hinder the progression of the disease, as well as the need to use different types of drugs.
- 9 The Future**
A future with hope is life's bond. This story explains how infected children make their plans for the future, as well as the most common questions they ask.
- 10 Children's Rights**
This section is on the vulnerability of children and young people, and their rights.

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