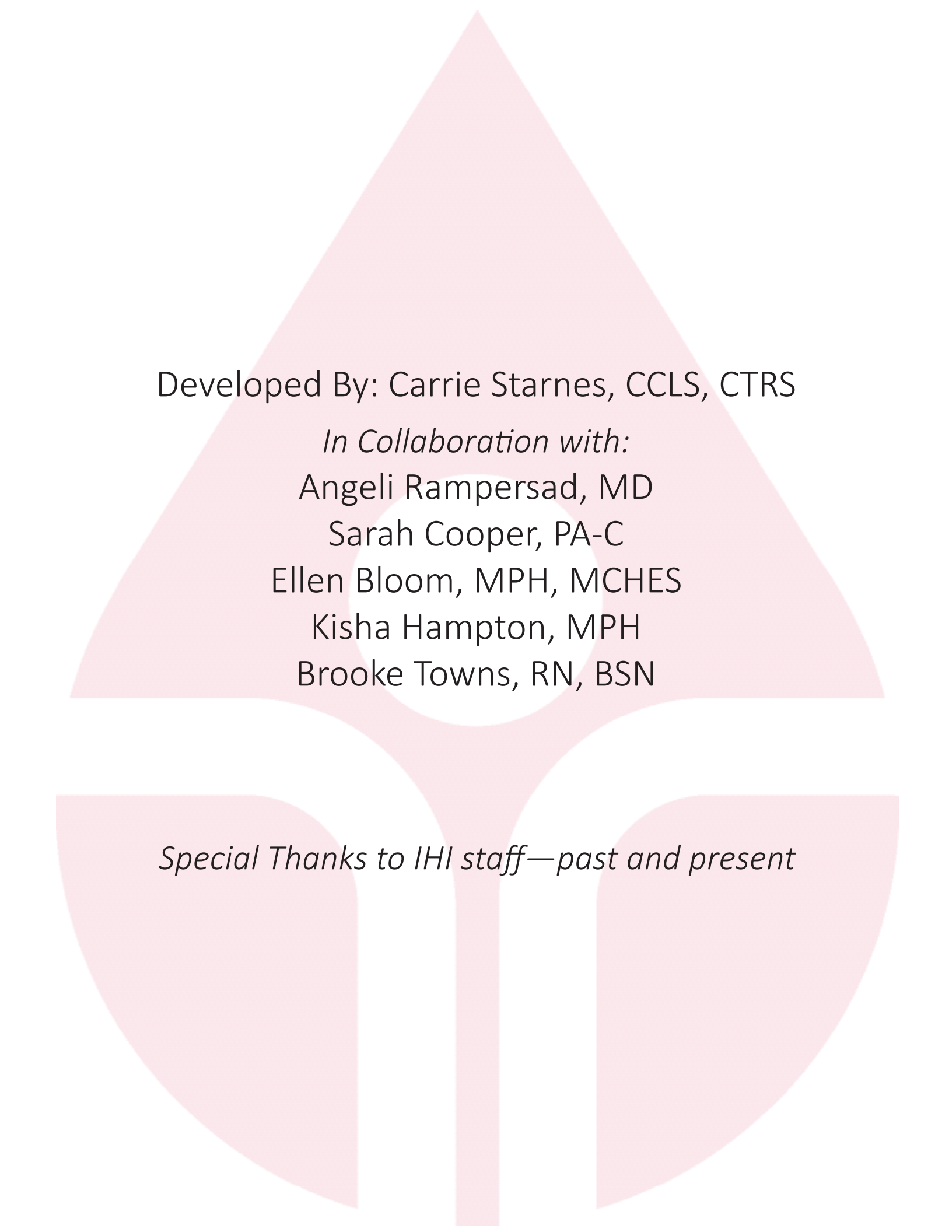


My Adventures with SICKLE CELL



Innovative
Hematology





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Special Thanks to IHI staff—past and present

WELCOME

TO  Innovative
Hematology

This book is for kids like you who are patients of Innovative Hematology, Inc. (IHI). You visit IHI because you are a kid living with Sickle Cell. This book was made by your IHI team to help you learn about IHI and Sickle Cell.

This is YOUR book! You can draw and write in it, and take it home with you!





doctor

The Doctor is in charge of your care. They decide what kind of medicine will help you feel better, or if you will need to go to the hospital. They see you in the clinic and ask you how you are feeling—and if you have questions about Sickle Cell.



physician
assistant

The Physician Assistant works with the Doctor and might see you in the clinic. They ask questions about the things you do and your pain to understand how you are feeling. They make a plan with the Doctor to help you feel better.



nurse

The Nurse leads you to your exam room and checks your height, weight, temperature and blood pressure. They also give medications to help you feel better if you need it and talk to you about things you can do at home to make you feel better.



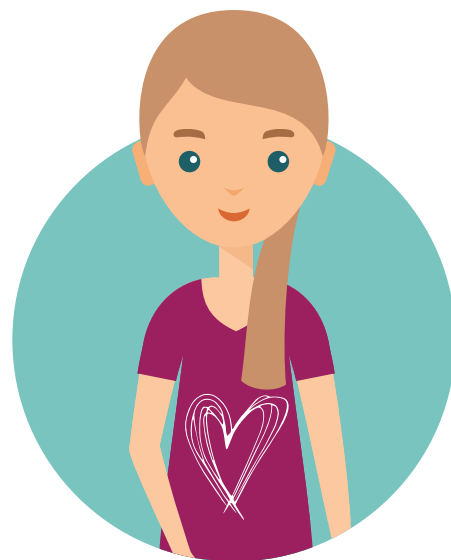
sickle cell
coordinator

The Sickle Cell Coordinator/Community Health Worker will see you in clinic and might also visit you at home or in school. They teach you and your family about Sickle Cell and things to do to help keep you from hurting.



social
worker

The Social Worker helps you and your family with questions about where to get medicine and insurance. They also help you find things to do if you are feeling sad or mad. They are easy to talk to and want to help you.



child life
specialist

The Child Life Specialist helps you understand Sickle Cell and things done at the clinic to help you feel better. They can help you find things to do when you have pain and help you feel better. *They like to have a lot of FUN, too!*

ABOUT ME

MY NAME IS

I AM YEARS OLD.

I AM FROM

MY FAMILY MEMBERS ARE

.....

.....

MY FAVORITE THINGS ARE

.....

.....

.....



MY FAVORITE THINGS

My favorite television show is:

My favorite place is:

My favorite team is:

My favorite color is:

Here is a picture of my
favorite thing to do:

WHAT YOU SHOULD KNOW

When I am hurting, I like:

When I am scared, I want:

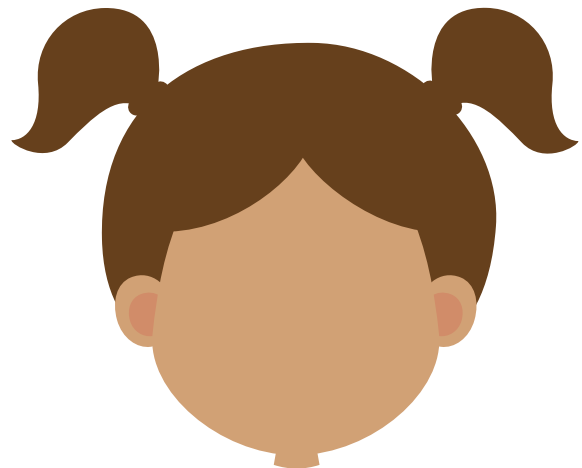
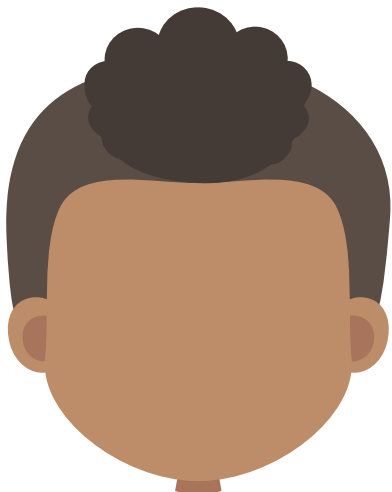
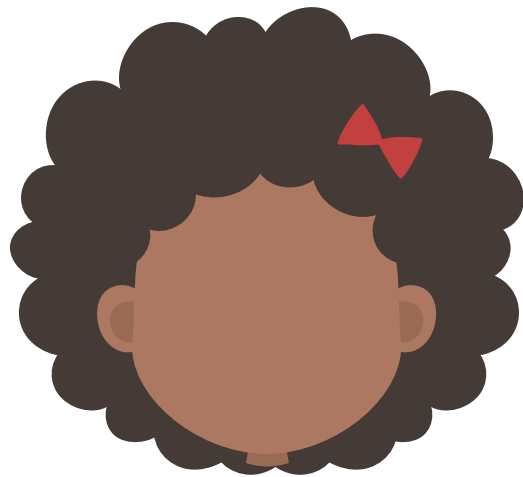
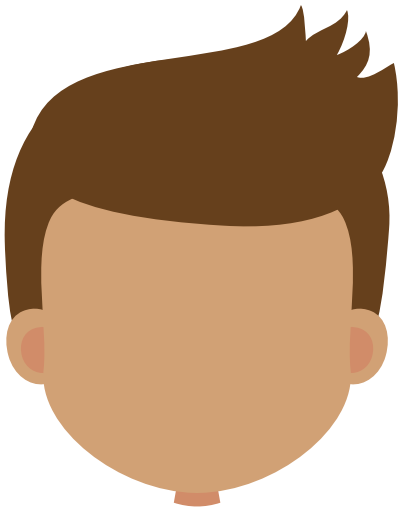
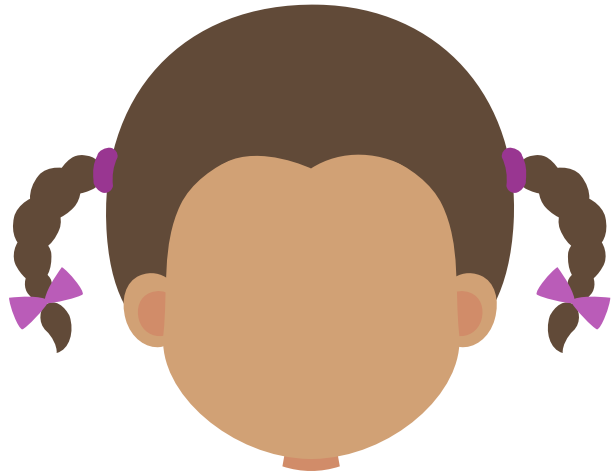
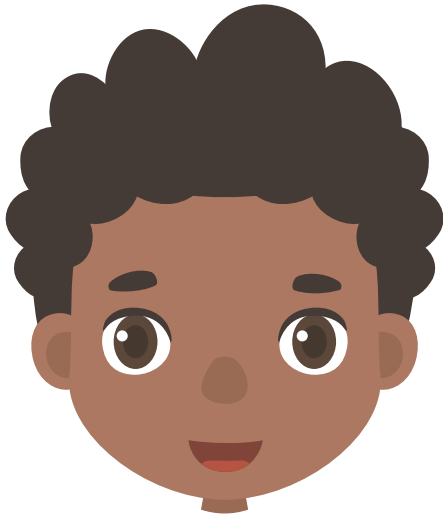
When I am hurting, it is hard to:

Some other things I want you to know about me are:

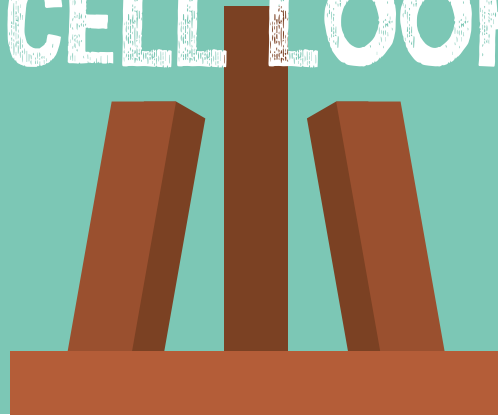
MY FEELINGS

How do you feel when you think about Sickle Cell?
Show us by drawing faces for our friends below.

When I think about Sickle Cell, some of the feelings I have are:



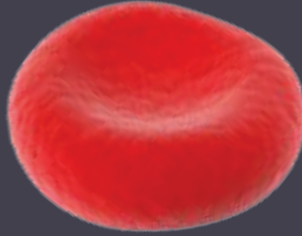
THIS IS WHAT I THINK SICKLE CELL LOOKS LIKE



THERE ARE LOTS OF CELLS IN OUR BODIES!

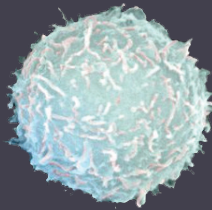


red blood cell



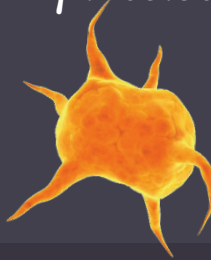
Red Blood Cells carry oxygen and iron in your blood around your body. They are round and smooth. Hemoglobin is the part of your red blood cells that carry iron.

white blood cell



White Blood Cells fight off infections and help keep your body healthy.

platelet



Platelets help your blood clot and form scabs when you are hurt.

WHEN YOU HAVE SICKLE CELL

normal cell



sickle cell

Sickle Cells are Red Blood Cells that are curved and become stiff and sticky. Because of their shape, it is hard for them to travel through your body. Sometimes they get stuck and cause you pain.

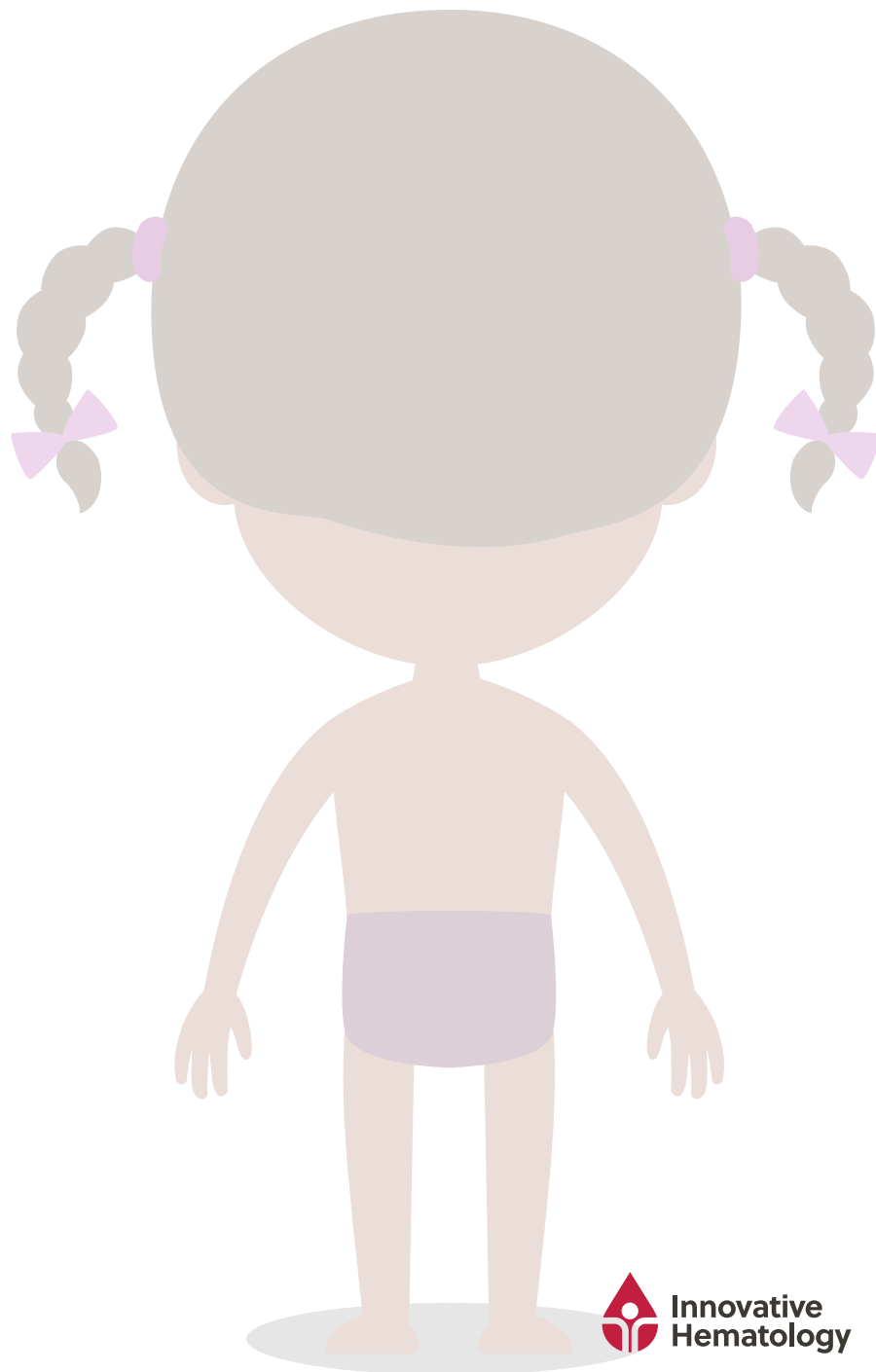
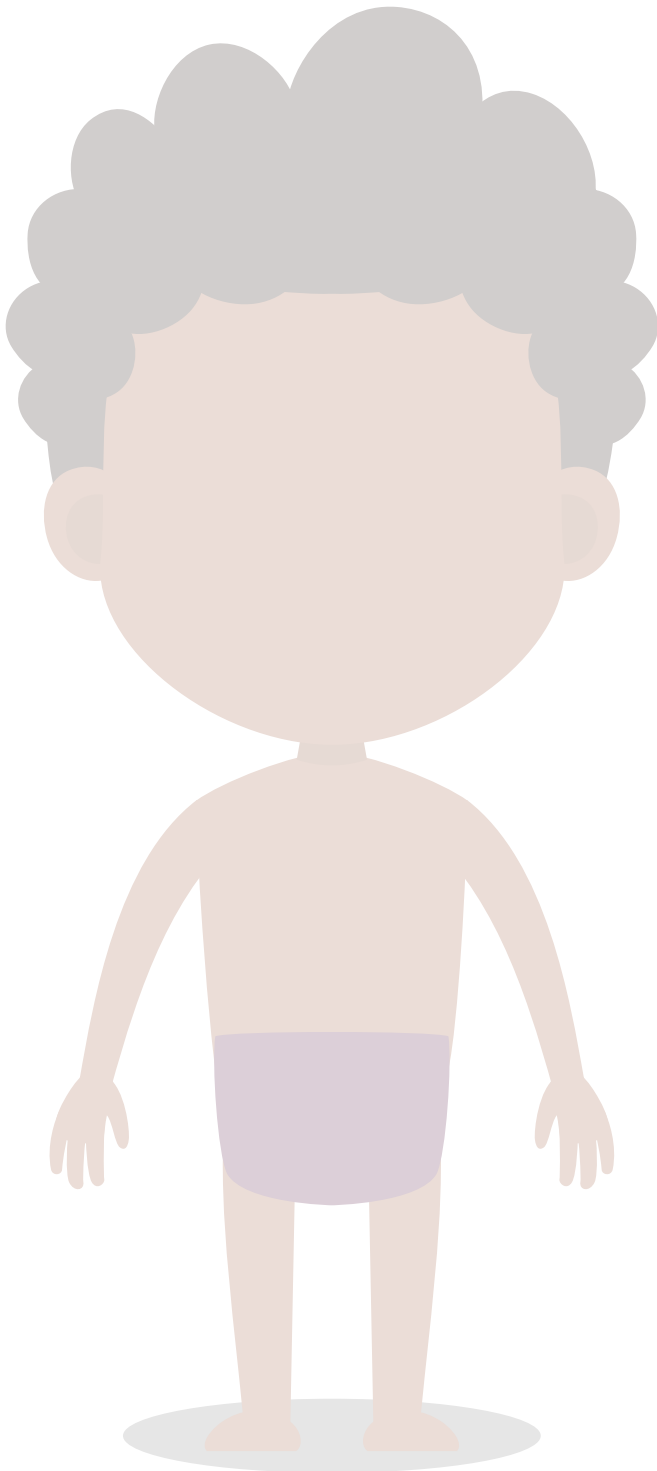
WHEN I HURT...

Color the area(s) **green** where you **never** have pain.

Color the area(s) **yellow** where you have had pain **one time**.

Color the area(s) **orange** where you have had pain **sometimes**.

Color the area(s) **red** where you have pain **most of the time**.



WHAT HELPS WHEN YOU ARE HURTING?

Write or draw what helps you.



IMPORTANT THINGS TO REMEMBER





Innovative Hematology
wants you to come to camp,
learn about Sickle Cell and
have a lot of fun!

Camp Silver Moon is a
week-long overnight camp
where you get to meet other
kids who have Sickle Cell just
like you. You will also get to
hang out with Innovative
Hematology and Camp
Silver Moon staff. There
are lots of fun activities
at camp—like swimming,
climbing, boating and
making new friends.

It is a GREAT TIME!



THINGS I'VE LEARNED AT IHI

Circle the words you see below.

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

~~ANEMIA~~

CRISIS

LABS

WATER

BLOOD

DOCTOR

SICKLE

HEAT

CELL

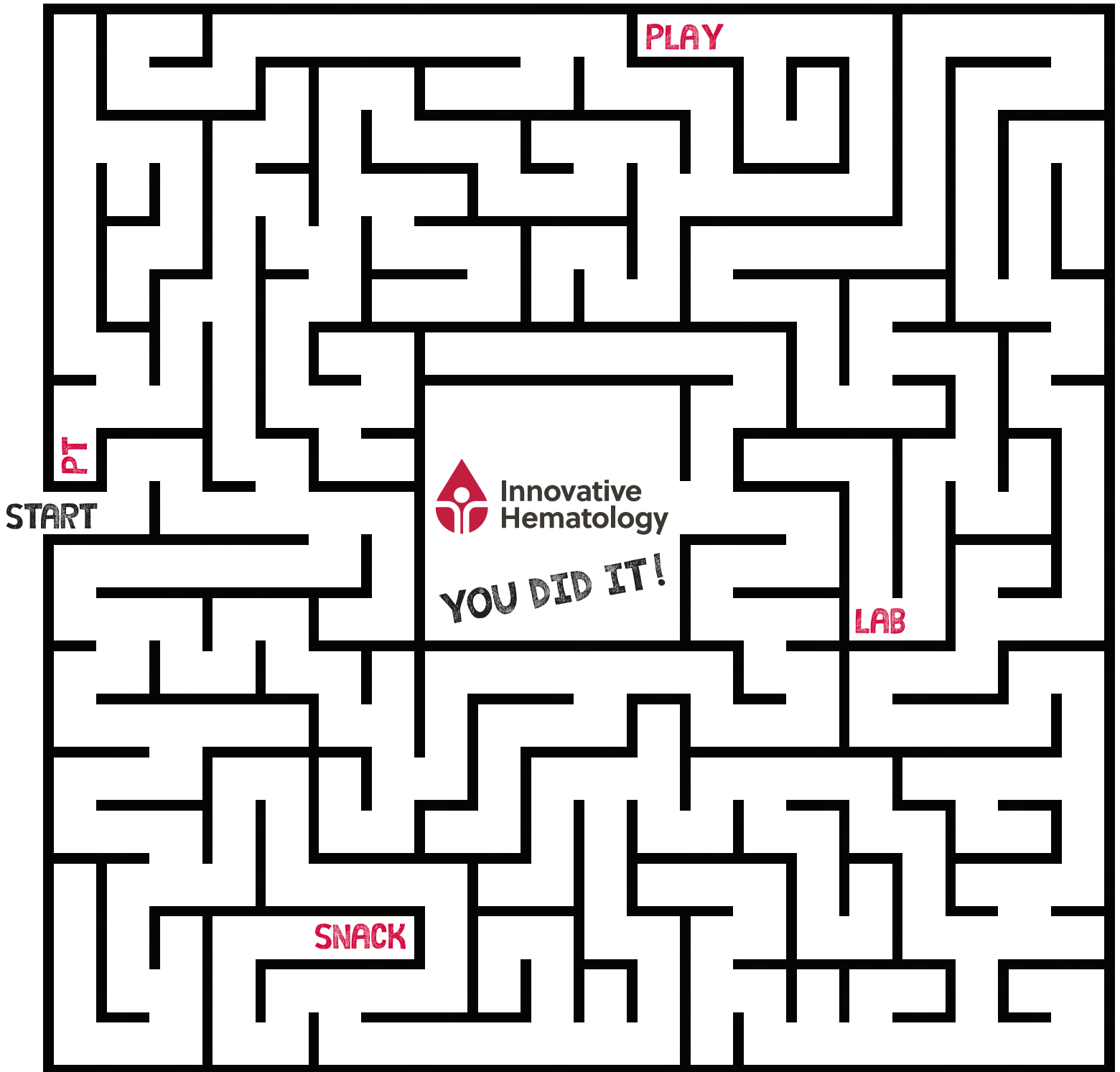
TRANSFUSION

MEDICINE

HYDROXYUREA

IHI... WHAT A PLACE!

*Innovative Hematology is a big place,
and lots of things happen here. It can be confusing!
See if you can make it through the maze to the finish.*



CROSSWORD PUZZLE

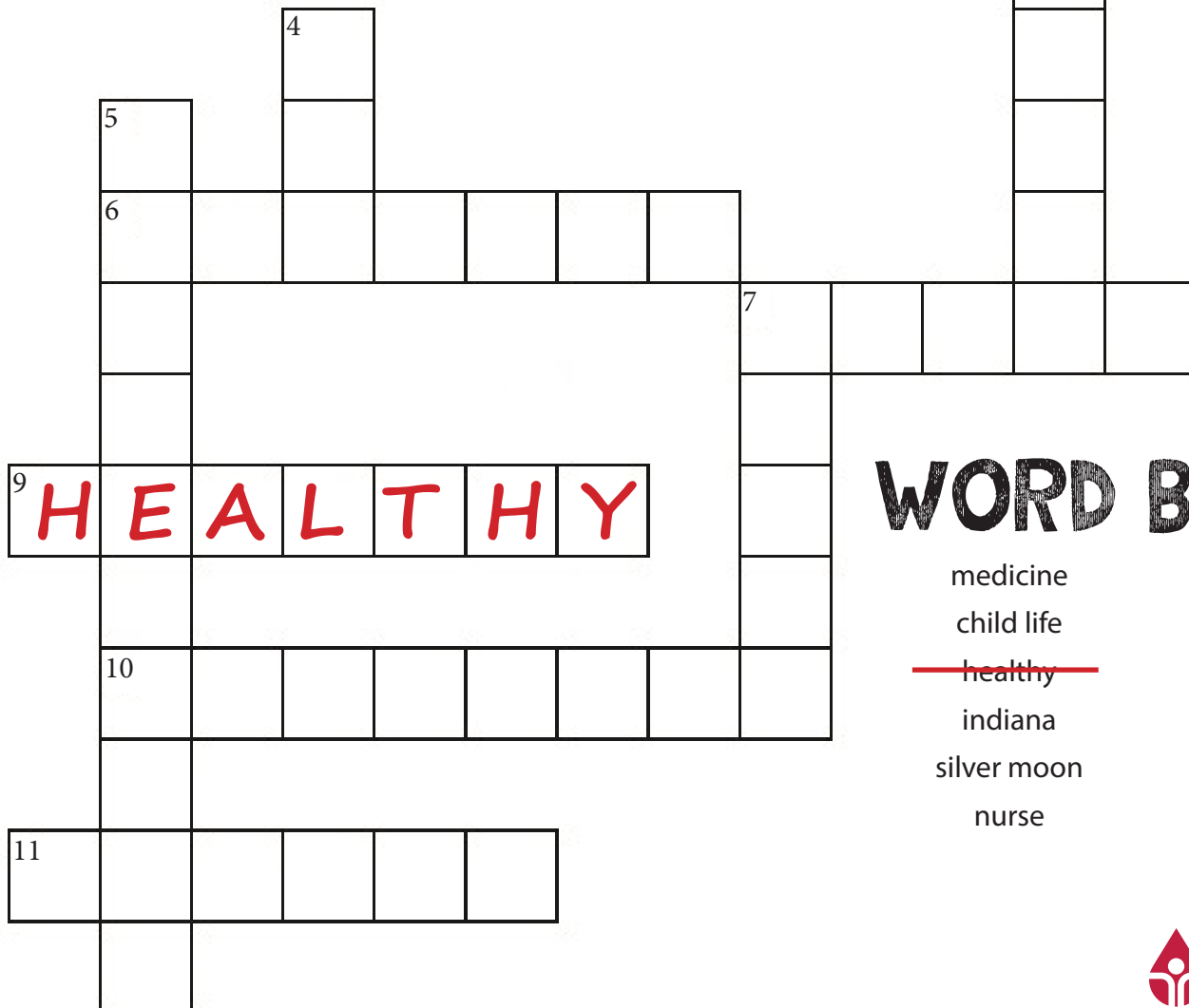
CLUES

across

2. What kind of cells are curved and stiff?
6. IHI is in what state?
7. You should drink lots of _____.
9. What kind of meals should you eat every day?
10. Don't forget to take your _____.
11. Who is in charge of your care?

down

1. Who takes your temperature and blood pressure when you get to IHTC?
3. The _____ Specialist helps you with your blood draws and brings you fun things to do.
4. What color are the blood cells that carry oxygen around your body?
5. What is the name of our camp?
7. What color are the cells that fight off germs?



WORD BANK

medicine

child life

~~healthy~~

indiana

silver moon

nurse

doctor

red

water

sickle

white



WHAT DID THEY SAY?

ABBREVIATIONS

i.v. (intravenous)

A small bendable tube that stays in a vein to give medicine and fluid.

cbc (complete blood count)

A test to count the different parts of your blood like red blood cells, white blood cells and platelets.

ed (emergency department)

A place where you go if you are having bad pain, have an accident, or have a fever.

TREATMENT WORDS

anemia

When you do not have enough red blood cells. It can make you feel really tired.

pain crisis

Pain that keeps you from doing things you want to do.

hydroxyurea

A medicine that helps protect your organs and can help you have less pain.

infection

When germs grow in the body and make you sick.

red blood cell

Carries oxygen and iron in your blood around your body.

hemoglobin

A part of the red blood cell that carries iron around your body.

white blood cell

Fights off infection and helps keep you healthy.



QUESTIONS AND ANSWERS

why do i have to come here?

Innovative Hematology wants to make sure you are feeling well and that you don't need any changes to your medicine.

why do i have to have blood draws?

Innovative Hematology checks your blood to make sure your medicine is working and you don't need any changes with your medicine.

why do i have pain?

Sometimes things like cold, stress, or not drinking enough water can make your red blood cells form a sickle shape. These sickle cells are sticky and can get stuck. This hurts sometimes.

why do i have to take medicine?

Your body might need extra help to make healthy red blood cells or to protect itself from germs. It is important to take all of your medicines so that they can do their best work for you.

who should i talk to at school if i am hurting?

You should always talk to your teacher and the school nurse if you are having pain that is keeping you from doing your school work. The Sickle Cell Coordinator can come to your school to help your teacher and school understand Sickle Cell.

can people catch sickle cell from me?

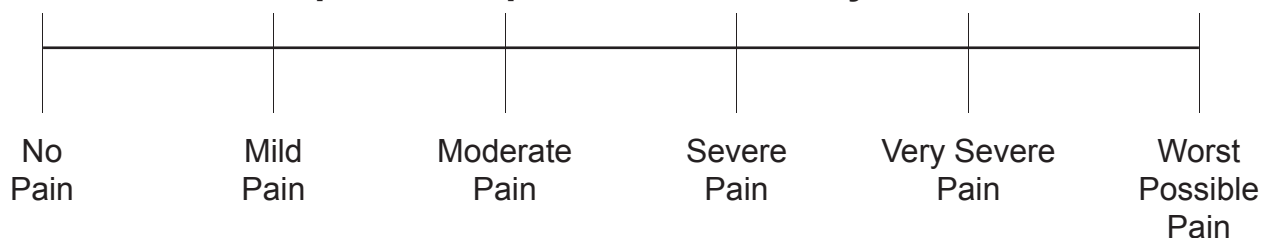
No! People CANNOT catch Sickle Cell from you. Sickle Cell can be passed down in your family. Do you know anyone else in your family who has Sickle Cell?

PAIN SCALES

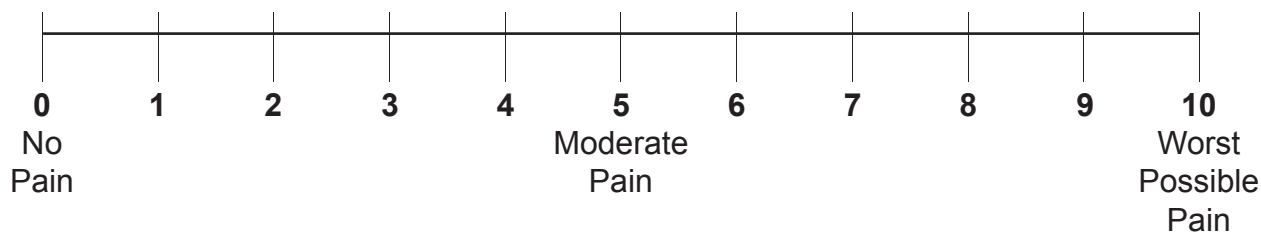
Wong-Baker FACES™ Pain Rating Scale



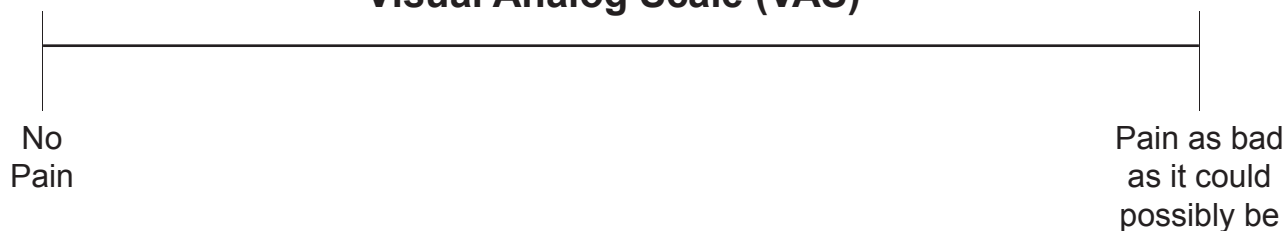
Simple Descriptive Pain Intensity Scale¹



0-10 Numeric Pain Intensity Scale¹



Visual Analog Scale (VAS)²



¹ If used as a graphic rating scale, a 10 cm baseline is recommended

² A 10 cm baseline is recommended for VAS scales

0	2	4	6	8	10
No Hurt	Hurts Little Bit	Hurts Little More	Hurts Even More	Hurts Whole Lot	Hurts Worst

[illegible]

2	4	6
Hurts Little Bit	Hurts Little More	Hurts Even More

[illegible]

autographs

autographs

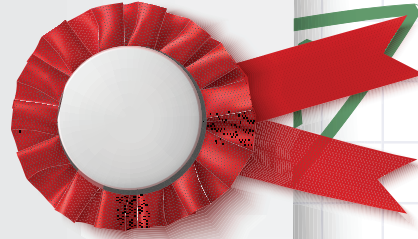
You're a Star!

THIS CERTIFICATE IS PRESENTED TO

BY

DATE

SIGNATURE





Innovative
Hematology