

Anaesthesia checklist for young patient with autism

NUMBER 1 priority:

Ask hospital staff for a **play therapist/other therapist to help your child prepare** for the appointment.
***(See examples below)**

Ask preadmission staff if there is a play therapist/other therapist at your hospital:

- a) when you **book your procedure**, or
- b) when you **confirm your appointment** with pre-admissions staff.

Also try searching your hospital website for play therapists using **key words** like 'Educational Play Therapist'.

NUMBER 2 priority:

Ask hospital staff to put **numbing cream** your child's hands as soon as possible after they come into the hospital.

My daughter/son has... (Write their condition/s below. E.g. *Autism, Addison's Disease*)

Tick **YES** or **NO** in boxes below

My daughter/son has had an anaesthetic before.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
My daughter/son is anxious about having an anaesthetic.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
They understand the process of having an anaesthetic.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Not fully <input type="checkbox"/>
A play therapist/other therapist is helpful.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Maybe <input type="checkbox"/>
My daughter/son has used a mask before.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
My daughter/son has had a mask before. They felt:	Fine <input type="checkbox"/>	Didn't like it but OK <input type="checkbox"/>	Hated it <input type="checkbox"/>
Just seeing a mask or syringe makes them very anxious.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
My daughter/son has had an anaesthetic injected before. They felt:	Fine <input type="checkbox"/>	Didn't like it but OK <input type="checkbox"/>	Hated it <input type="checkbox"/>
When my daughter/son had an anaesthetic before, they found it much easier if they had a cannula inserted before they entered the anaesthetic room.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Maybe <input type="checkbox"/>
My daughter/son needs a pre-med relaxant	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Maybe <input type="checkbox"/>
My daughter/son has low muscle tone. Their tongue can flop back quickly after an anaesthetic.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
They want to watch when they receive an injection.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	
My daughter/son needs me in the anaesthetic room with them.	Yes <input type="checkbox"/>	No <input type="checkbox"/>	

My daughter/son can become distressed. As a last resort, they might need...

(Write below what they need. E.g. *gentle but firm restraints*)

*Examples of play/other therapist support

- Sending you social stories to explain what will happen.
- Organising a quiet waiting room for you at the hospital
- Developing a “Procedural Support Plan” or using a plan that you give them.

The plan might be the steps you need to take to help your child when they are having an anaesthetic.

The hospital can then file the procedural support plan on your child's hospital records, so hospital staff can refer to it the next time your child comes to the hospital for a procedure.