

Ask EuroSafe Imaging Tips & Tricks

Paediatric Working Group

Producing information on diagnostic imaging examinations for children, young people, and families

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Background

- All imaging departments offer varying levels of information to patients
- Preparation in advance for any imaging procedure can have huge benefits for patients and staff
- This is particularly important in Paediatric Imaging where there are more people involved and more age groups to be considered
- Paediatric patients and their families are far more likely to comply if they know in advance what is going to happen and who will be involved

Before You Start...some questions for you!



What information about the examination is already available?

- Are you starting from fresh?
- Is there anything other sites or organisations have that they would share?
- Support organisations often have frequently asked questions from patients and families you could use

What is the information going to be about?

- Information on a diagnostic test or procedure will need to include information on risks, benefits and alternatives
- Communication on radiation risks can be included here

Before you start...some questions for you!



Who is going to be reading the information?

- Knowing who the information is aimed at will influence your tone and your content
- Parents need their own clear and concise information to make informed decisions for their child
- If producing information for children, you will need different versions: one for young children, older children and one for teenagers and young people

What format do you want the information to be in?

- There are many options depending on age and information to be conveyed: Posters / videos / leaflets / stories or cartoons

Getting started...

Structure is very important

- Long sentences can be confusing – keep them short! Use simple language.
- Avoid medical terminology if possible – where you have to, explain clearly.
- Test readability by asking a non medical staff member to read through for you.

Use “active sentences”

- Active sentence: “we will discuss the examination with you”

(Passive sentence: “the examination will be discussed with you”)

Getting started...

Frequently Asked Questions

- Try to develop your information to be able to answer some standard questions .
- This shows consistency no matter what you are producing.
- This is also a good place to introduce answers to questions around radiation risk.
- Communicating radiation risk effectively can often be difficult; however, if patient information can be used to address any concerns parents might have in advance, it is very useful.
- It also allows parents to form questions in advance.

What to include...some ideas on format



- What is the examination?
- Why does my child/do I need this examination?
- Are there any other tests I could have instead?
- What happens before the examination?
- What happens during the examination?
- What happens after the examination? Any complications to watch for?
- How long will the examination take?
- How quickly will things return to normal?
- Are there any risks by having the examination?

Getting final approval...

Get many different people to read the information

- Colleagues: from inside and outside your department and senior staff
- Parents: ask a colleague with children to read it as a parent

Age specific feedback

- Ask children from the age groups you are targeting to read through

Illustrations, diagrams and photos

- Are great but must add to the information and not distract from it
- Photographs are useful but you must get permission

Writing for different age groups...

Parents and Carers

- Suitable Format = Question and Answer; Detailed; Key Points
- Hint = Imagine yourself as the parent
- Tip = Take the opportunity, include radiation risk info

Children <7 years

- Suitable Format = Short info sheet, told as a story, pictures
- Hint = Look in the library at language, layout and drawings

Writing for different age groups

Children 8 – 11 years

- Suitable Format = Question and Answer; illustrations
- Hint = Look in the library

Children and young people 12 years old +

- Suitable Format = Question and Answer; Personal stories, experiences
- Hint = Look at magazines or websites like www.teenagehealthfreak.org for topical ideas on layout

Audit, update and review...

When writing set a review date (e.g. every 4 years)

- Out of date information is worse than no information!

Withdraw all hardcopies while reviewing

- It can be confusing if several different versions are circulating.

Update should be undertaken by author or appropriate other

- Changes in practice may require interim changes to be made.
- Author should keep a spreadsheet of information produced and review date reminder.

References

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Useful Links

- www.gosh.nhs.uk/children
- www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments
- https://www.who.int/ionizing_radiation/pub_meet/radiation-risks-paediatric-imaging/en/