



A Visit to the Women's Health Clinic





Every year, I go to visit a special doctor at the Women's Health Clinic. Before I visit her, I do things to get ready. I always take a bath or shower, and I wear comfortable clothes.



Sometimes it helps me to talk with my friend Sara or my mom about what is going to happen. I try to think of any questions that I have for the doctor, and my friend usually writes the questions down for me, so I don't forget.



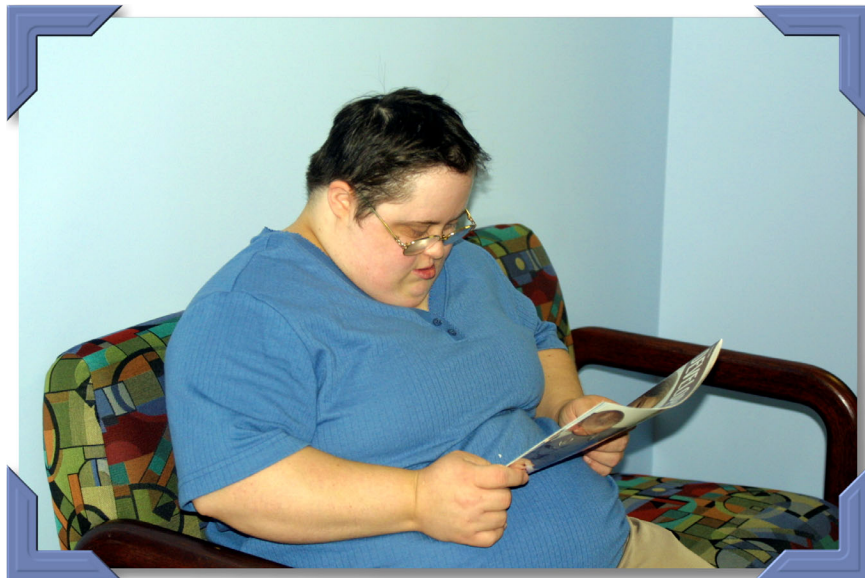
The lady at the doctor's front desk usually knows who I am. She is friendly and helps me to fill out any paperwork. She always asks about my job, which is nice.





After I sign the papers, I sit in the waiting room and wait for the nurse to call my name.

Sometimes I have to wait for a long time, so I bring a magazine with me.



The nurse comes out and calls my name, and then I go to a little room where she takes my temperature and weighs me.

She also takes my blood pressure.





After she writes in her chart, she takes me back to the exam room. That's where I wait for my doctor.

My doctor likes to talk with me before I have to get undressed.



Next, my doctor comes in. She asks me a lot of questions about my health. I try to take my time and give the best answers I can.

If I have questions, I ask them right at the beginning. I tell my doctor if I have any pain or itchiness. I like it that she listens to me.



Doctors and nurses are glad that I answer their questions so well!



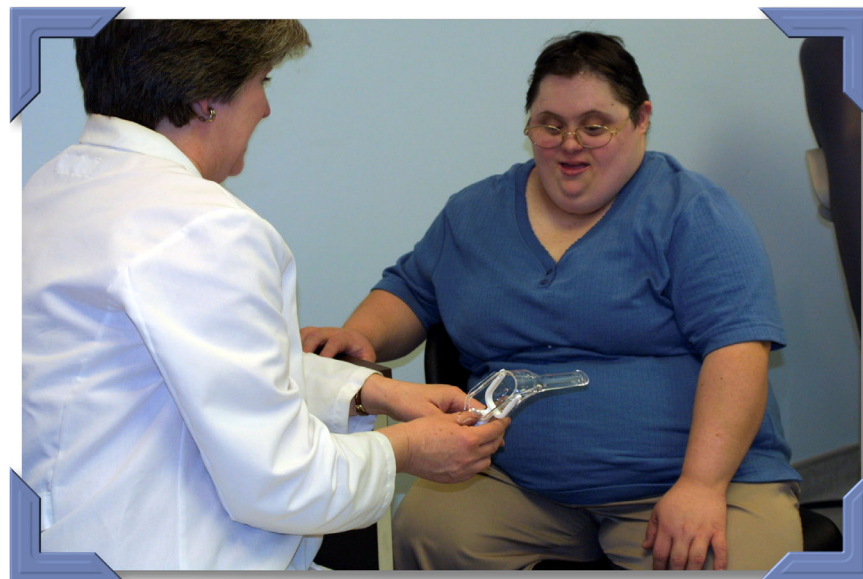
Sometimes my doctor talks *really* fast and it is hard for me to understand her. If that happens, I speak up and say "say that again, please."



Doctors are sometimes in a hurry because they have to see so many patients, but you have to speak up when you don't understand! Good doctors and nurses take the time to explain things.



My doctor always tells me what she is going to do before she does it. She also shows me all of her tools. Some of them look kind of scary until she explains them to me!



I feel a lot better about the exam when the doctor tells me what is going to happen.



After the doctor finishes asking me some questions, the nurse gives me a gown that is open in the back. The nurse also gives me a sheet to put over my lap, so that I don't get cold.

I lie down on the special exam table and put my feet up so that my doctor can check my private parts to see if I am healthy. She uses a bright warm light and wears gloves. She uses a special tool to see inside my vagina and a little brush to check the part called my cervix. It doesn't hurt too much, but I have to take a deep breath and hold the nurse's hand because it makes me nervous.





It is very important that I breathe in and out very slowly, because it keeps me from getting nervous. Most women get nervous about this doctor visit, but I know that it is part of being a healthy grown-up woman!

If anything hurts, I make sure to tell my doctor. She says that she will always stop if something hurts. Sometimes, I just need to take a break for a minute, and take a deep breath. Wiggling my toes can help me relax too!



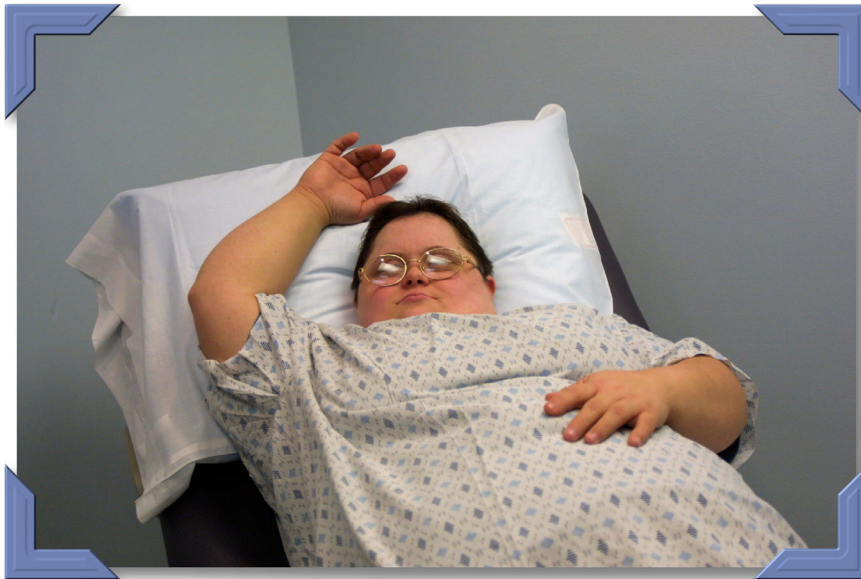
After the doctor checks my cervix, I get to relax a little bit. She uses her fingers to check my insides and she presses on my tummy at the same time.

She says that she is feeling my insides to make sure that I am healthy. If anything is sore, I am supposed to tell her right away!





After the first part of my exam is over, my doctor checks my breasts. She checks them for new lumps which might not be healthy. I check them too, every month; to make sure they are okay.



After my doctor checks my breasts she steps out to let me get dressed. When she comes back in we talk about medicines I take, and she also asks if I am sleeping okay and stuff like that.



She also asks me if anyone has been hurting me, or touching me when I don't want them to. It is very important that I tell the truth, because she is making sure that I am safe!



After the doctor and I are finished talking, we say goodbye. Before I leave I also say goodbye to the lady at the front desk.



She will call me when it is time for my next visit, but that won't be for another year! I am proud of having taken care of myself so well.





Acknowledgements

This story was developed by the Preservice Health Training Project Interdisciplinary Human Development Institute University of Kentucky.

Copyright 2006 ALL RIGHTS RESERVED

We gratefully acknowledge the assistance of Ms. Adrienne Cotton who helped us in writing this social story, and who acted in the role of the patient.

We also acknowledge the roles of the actors and other participants in the development of this document,

Development Consultants for Instructional and Interactive Design, Programming, and Production

Rene Hales & Trish Smith
Interactive Media Group
838 East High Street, #184
Lexington, Kentucky, 40502

Actors

Patient: Adrienne Cotton
Primary Care Provider: Sharon Lock, RN, PhD
Patient's Friend: Sara E. Boyd, MS
Nurse: Mary Tackett, RN
Receptionist: Carla L. Sanders, MS, RN



Authors

Sara E. Boyd, MS, Carla L. Sanders, MS, RN, & Adrienne Cotton

Funding

We gratefully acknowledge the funding and continued support of the Kentucky Council on Developmental Disabilities, without which this project would not have been possible. It is our hope that the use of these resources will lead to the Council's vision of medical, nursing and allied health professionals having the competencies necessary to provide high quality health care to Kentucky's citizens with developmental disabilities.