

Standards for children having a health care test, treatment, examination or intervention



- These standards show health professionals* the best way to prepare and support me if I need a health care test, treatment, examination or intervention (procedure).
- The statements are based on my rights as a child** to make sure my well-being is the most important thing when making choices and decisions about my procedure.
- The statements and my rights apply no matter who I am, how old I am, where I live, if I have a disability, what I think, who I identify as, what my religion is or how I communicate.



When communicating with me you will..

- Communicate with me directly in a caring, clear and supportive way.
- Communicate with me in a way I can understand.
- Check my understanding of what has been communicated.
- Ask me and my parents/carers how I want to share my ideas.
- Let me have time to share my ideas.



When making choices and decisions with me you will..

- Help me be involved in choices about my procedure even when I am not able to make big decisions on my own.
- Offer me choices and options to help me manage my procedure. These options might include things to distract me, things to help me relax, who stays with me, pain medicine and the best position for me to be in for my procedure.
- Support me to share my ideas and choices, before, during and after my procedure.
- Talk with me about what is best for me before my procedure starts.
- Pay attention to my views and choices, and if I say or show I mean 'no' you will take this seriously.
- Act on my choices and decisions whenever possible.



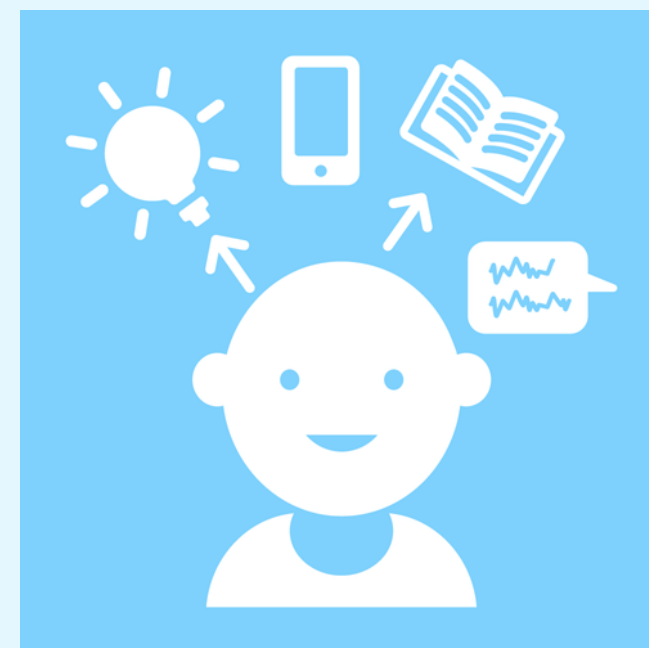
*A health professional is anyone providing health care to me.

**These Rights-based standards for children undergoing clinical procedures are framed by the United Nations Convention for the Rights of the Child which are a list of rights which apply to every child under the age of 18 years old, no matter where they live in the world.



When sharing information with me and helping me prepare you will....

- Give me information that is honest and easy to understand.
- Help me understand what is happening and give me time to ask questions if I want.
- Give my parents/carers information to make sure they understand what is happening and have the chance to ask questions.



When acting in a way where my well-being comes first you will...

- Think about what is best for me in all decisions and actions before, during and after my procedure.
- Make sure that what is best for me comes first before what is best for my parents/carers, the health professionals and the hospital or clinic.
- Help me to feel calm and listened to during my procedure.
- Support me to take a break if I become upset or show I mean 'stop' or 'no' to help everyone rethink how to help me have my procedure.
- Consider how it will make me feel if you do not listen when I say or show I mean 'stop' or 'no'.
- Support me after my procedure to help me understand my experience.
- Write down in my health records what helped me and what did not help me to make it better next time.



If you are holding me to help me keep still you will.....

- Only hold me in a supportive hold which helps me feel calm, safe and settled
- Ask me how I would like to be held and who I would like to hold me.
- Explain to me why I am being held.
- Stop holding me if I say or show that I want you to.
- Not hold me against my wishes or expect my parent/carer to hold me against my wishes to get a procedure done, unless the health professional in charge decides it is lifesaving or I will be really harmed if it is not completed.
- If I have been held for a procedure against my wishes you should explain why and discuss with me what follow-up support I would like.
- If I have been held for a procedure you will write down notes about this in my health records.

