

# ADAM<sub>THE</sub> ADVENTURER

## and his woodland walk

A journey from a port to peripheral access



Endorsed by:



THE  
HAEMOPHILIA  
SOCIETY

Registered Charity No. 288260  
Charity registered in Scotland No. SC039732



Hi!  
I'm Adam!

You learnt about haemophilia with Adam and his friends on his last adventure. Up until now, he has had his factor through a port, just like you. Now that he is older, he is ready to have his factor as an injection into his vein. You have been given this book to join Adam on his woodland walk as he takes the next steps on his haemophilia journey!



I want to find out  
more and map  
out my journey!

Being an Adventurer, Adam opens his map and looks at the journey ahead of him. Adam was excited to see where this next adventure would be taking him!

Plan your journey too by looking at your own map on the next page!





START

STOP 1

Finding  
veins

STOP 2

Practicing  
injecting

STOP 5

Parent  
to inject at  
hospital

1st  
Injection  
with Doctor  
or Nurse

STOP 4

Keeping  
still

STOP 3

STOP 6

Parent  
to inject at  
home

STOP

Port to be  
removed

STOP 7

Add tick stickers ✓ from page 48 to each stop along the map, once you've been to each of the places on the woodland walk!



He looks at his map and finds the first stop on his journey.

It looks like the first place I need to go to is the play area!

Adam closes his map and sets off on the first part of his journey.

As Adam walks through the forest, he spots his friend Squeak.

Hi Squeak! It's Adam! I could use your help - I've been told that I'm old enough to start having my factor as an injection in my vein, but I want to know why. Could you tell me?



Hello Adam! I'd be happy to help – as you know, you have been taking your factor injections through your port. As children with haemophilia get older, they take their factor as an injection into their veins instead. Then, when they are ready, the port can be removed.

Thanks Squeak.

How long until my port is removed?

Well, there are a few steps that you will need to complete first. You will need to practice injecting factor into your veins with your Nurse and your parents, and this can take a bit of time to get right. It's a bit like me and my fire-breathing – practice makes perfect!

Okay, so what's the first step?

We'll need to go to the first stop on your map for that!

Squeak walks with Adam to the play area.

The first step in your journey will be to learn about what veins are and how to find them. As you already know from your last adventure, your factor is needed in the blood to help make clots. Your blood flows through your veins - they are the blue lines that you can see on your arms. Instead of injecting your factor into your port, you will begin injecting into your veins.

I can see them. They're like blue wiggly worms!

Sometimes children call them blue roads, but you can call them whatever you like. You will need to practice finding them on your arms. You can sometimes see them better if you rest your arm on something, like a pillow, with the palm of your hand facing the ceiling.



### What will you call your veins?

**Your challenge:** Have you found your veins? Practice finding them with your mum or dad.

Collect an achievement sticker from page 48 and add your tick sticker to "stop 1" on the map!





How many blue wiggly worms can you find?

Number of worms: Four

Now that Adam knows how to find his veins, he can take the next steps along the trail. Squeak and Adam find the next stop on the map together, and after walking along the river they arrive at the picnic area.

As they arrive, they see a box on a bench.



This box is for you. It contains some items that will help you prepare for the next step in your journey.



But what do I need to do with these?

I'll show you, you can practice on me!





# Step-by-step guide to practicing injecting your factor

1

First, put the thing that looks a bit like a belt, called a tourniquet (pronounced turr-ni-kay), around the top half of my arm, and tighten it slightly. It feels a bit strange at first, but it helps you see the veins, or wiggly worms.



2

Then, I need to hold the squeazy ball with my palm facing up and squeeze the ball a few times. My veins are much easier to see when I do this.



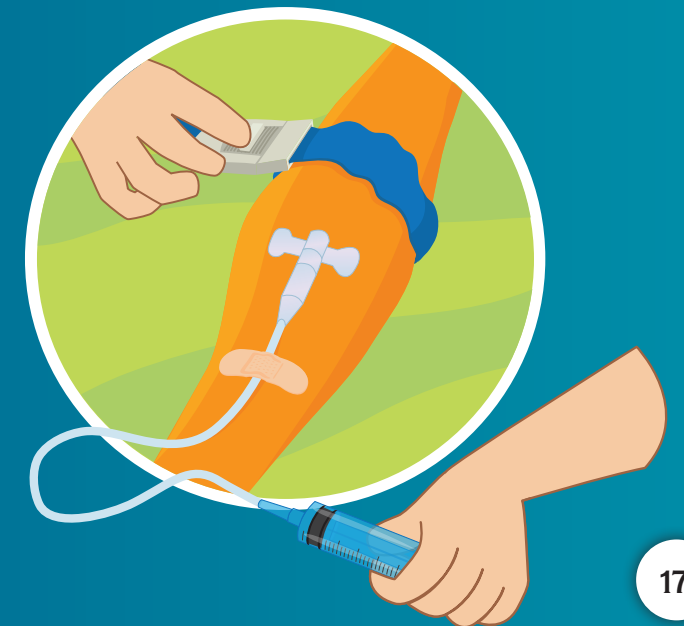
3

Then, put the end of the tube that looks like a butterfly, called the butterfly needle, against my vein and stick it in place with a plaster. The butterfly needle in your box has had the actual needle removed whilst you are practicing each of these steps.



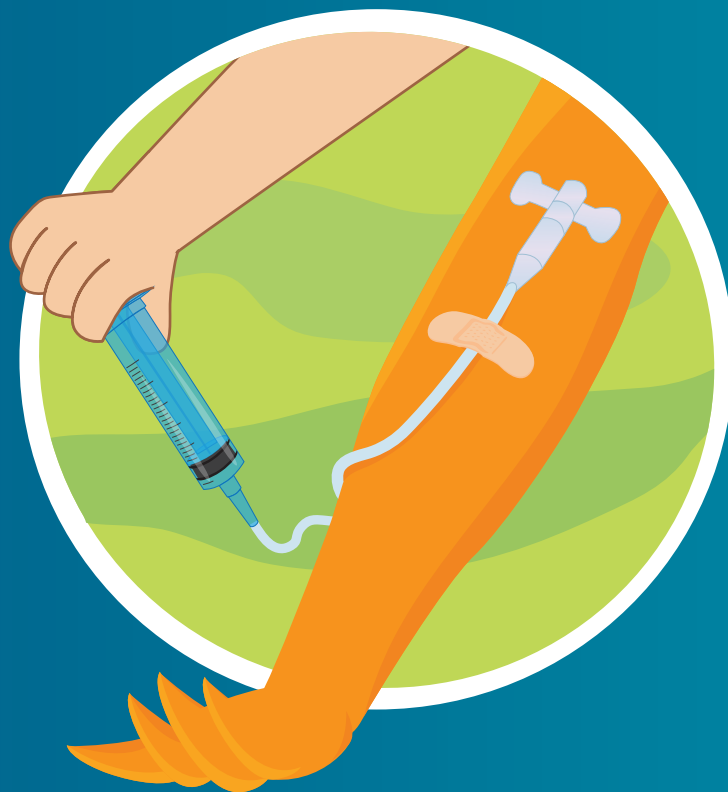
4

Next, take the tourniquet off from around my arm and hold the syringe in the other hand.



5

Then, push the top of the syringe down slowly. Eventually, this is how you will take your factor. The syringe will contain your factor and will go into your vein through the butterfly needle.



You can practice on your mum or dad, or even on one of your teddy bears. Ask your parents to practice on you too!

Thanks Squeak!  
I think I'll try practicing on my teddy first!



**Your challenge:** Try practicing on your teddy or someone from your family. Practice at different times of the day and with different people.

Pick two people that you will practice with:

I will practice with \_\_\_\_\_ and \_\_\_\_\_

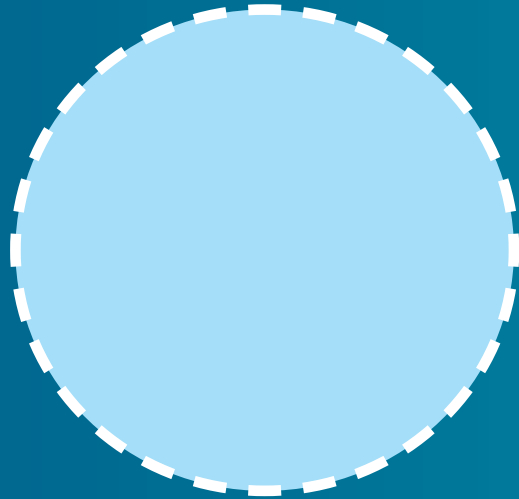
Collect your achievement sticker from page 48 and add your tick sticker to "stop 2" on the map!



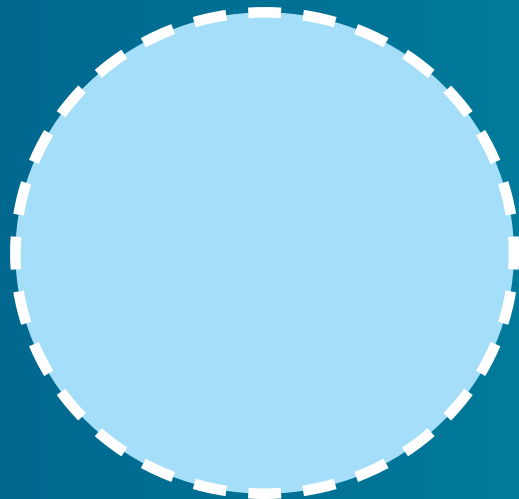
# Injecting your factor

Try putting each of the steps in order  
- find the stickers on page 49!

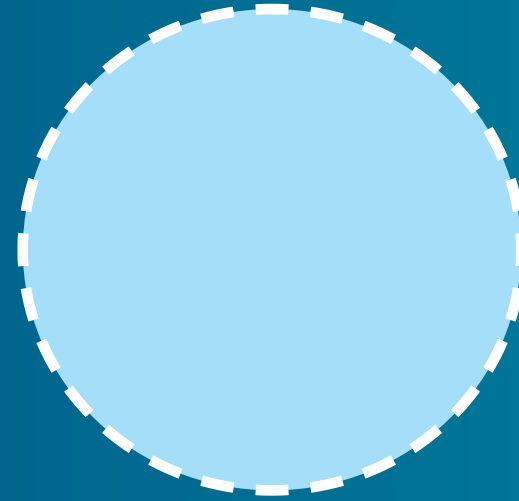
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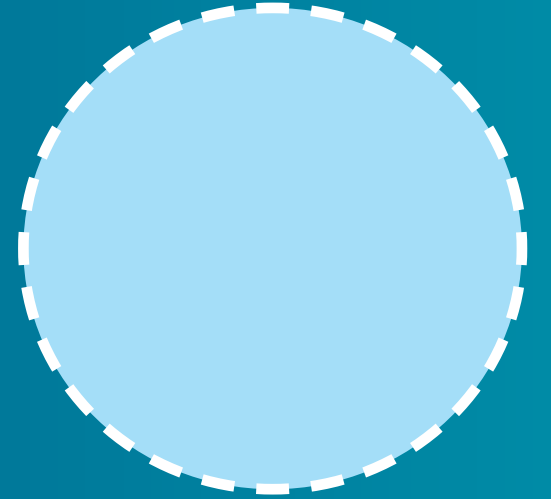
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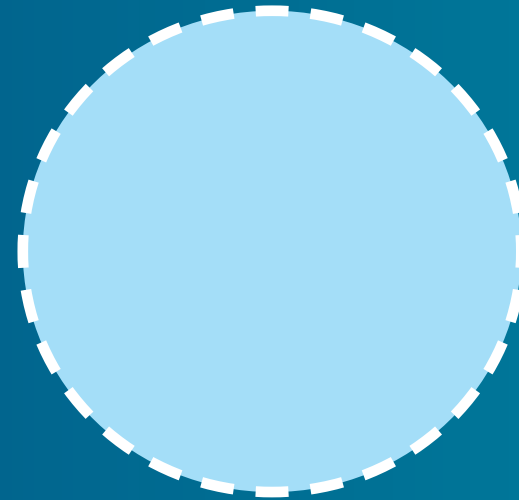
3



4



5



After practicing using the items in the box from Squeak, Adam felt ready to move on to the next step of the trail.

Squeak, thank you for your help so far. Will you be joining me on the next part of my journey?

I'm going to stay here to help people in the forest light their barbeques for their picnics, but Archie the Robot will be at the next stop on your map. You'll need to get on the woodland railway train to get to the next part of your journey. Good luck!



After a short ride on the train through the forest, Adam reaches the next stop of his trail. He sees Archie standing in the middle of a clearing in the forest.

Hi Archie! Do you remember me?





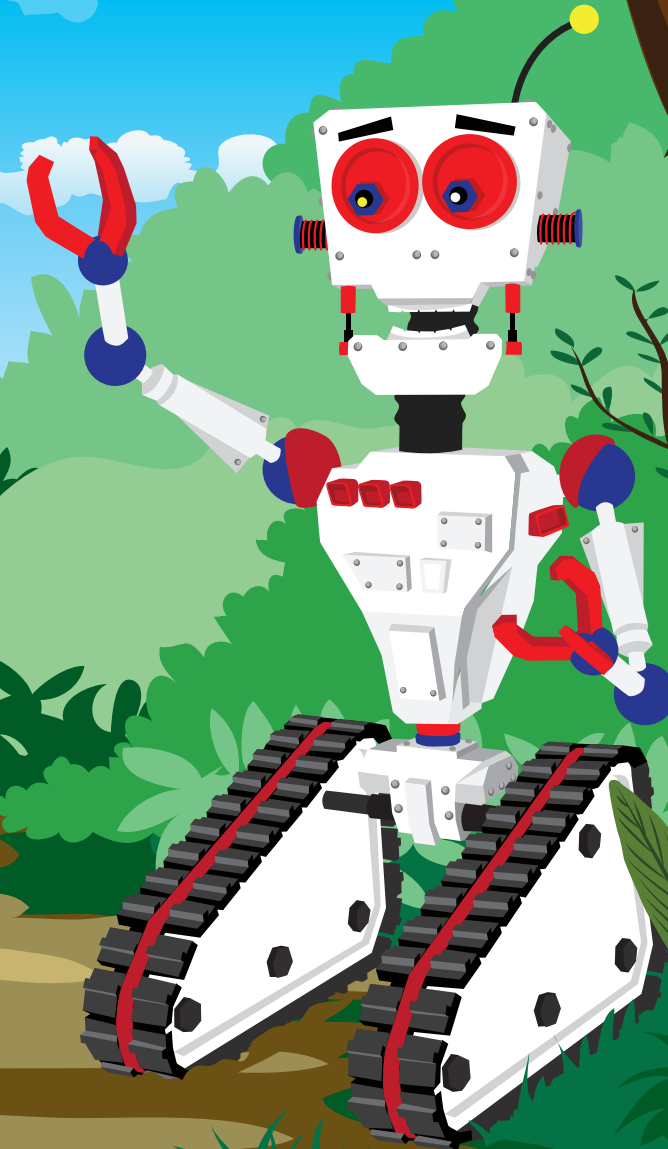
Hi Adam, I do! My memory circuits have been upgraded! Although, Squeak had told me that I needed to be at the woodland clearing to help you with something and I can't remember what...

I'm getting ready to have my factor as an injection into my veins – my map says that this is where I will find out more about keeping still?

Ah yes, thank you for reminding me! On this part of your walk we will be practicing being still. This is really important when you have your injection into a vein, or wiggly worm.

You will need to stay still when the butterfly needle is put on your arm and try not to move whilst your factor is injected. This is because if you move when having your injection, you could hurt yourself.

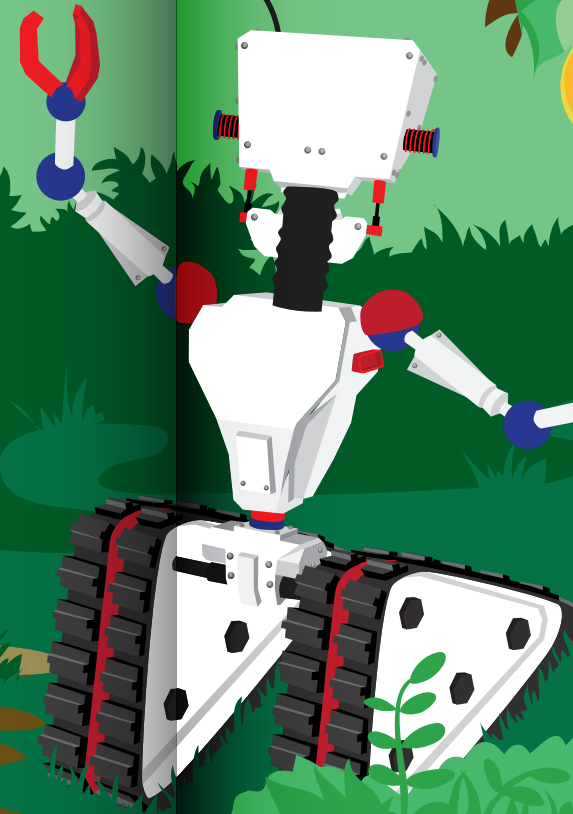
How long do I need to keep still for?



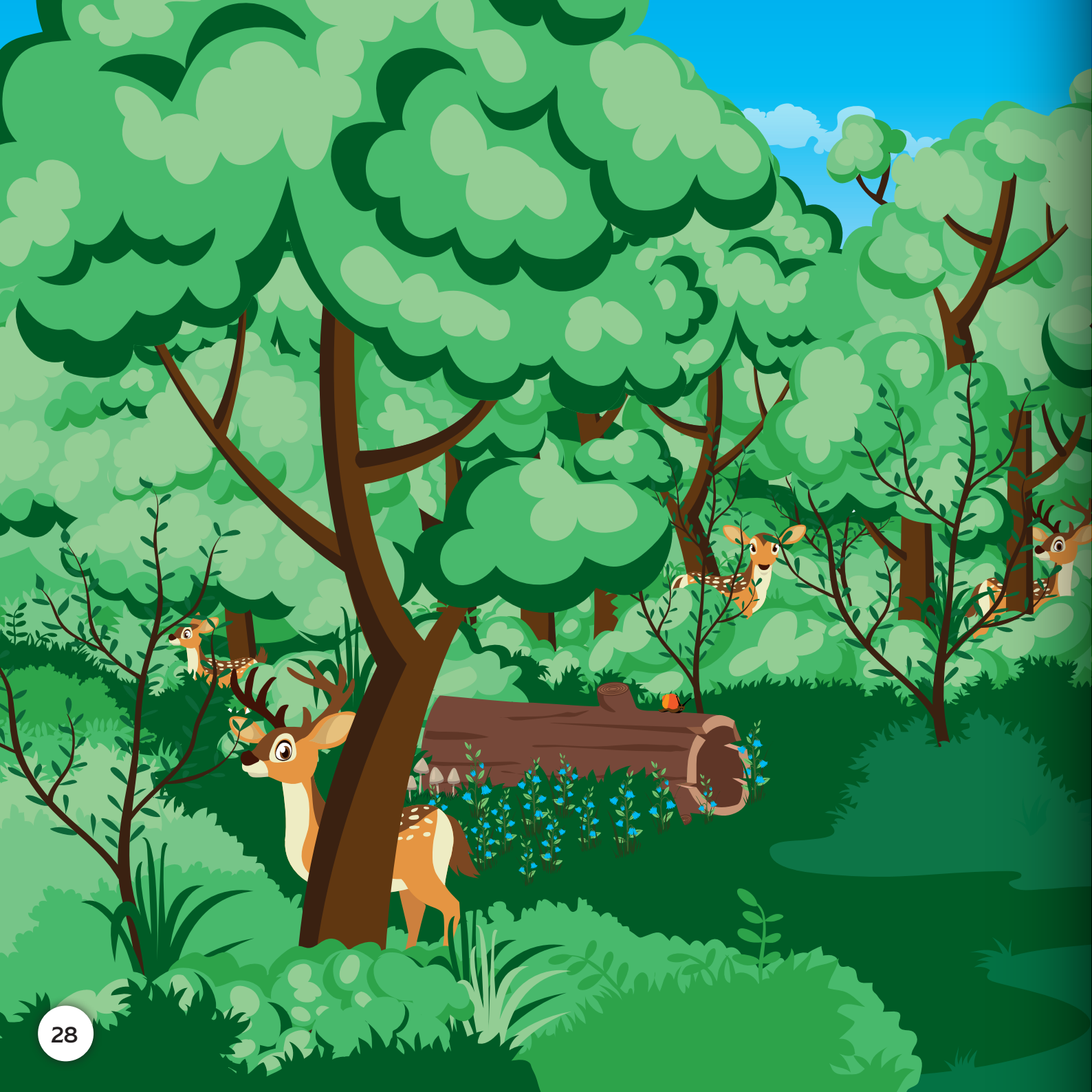
You will need to be still from the moment the tourniquet is put on your arm. Your factor will then be injected into your vein through the butterfly needle. This only takes a couple of minutes, and there are loads of things you can do to help make the time go more quickly.

You could try to name as many animals as you can or try to remember all of the things you have had to eat and drink in the last few days. I've put a list of ideas together for you on page 35.

Let's practice being still whilst playing one of the games and I'll set a timer for 2 minutes. If we keep still for long enough, we might see some deer. They are very shy and will only come out from the trees if we don't move, so try to keep as still as you can!







Well done, you did it!  
Can you find all 6 of the deer?

**Your challenge:** Practice keeping still for 2 minutes after sticking the butterfly needle in your practice kit (the one without the actual needle) on your vein when practicing with your mum or dad. Try this at different times of the day and on different days!

Collect your achievement sticker from page 48 and add your tick sticker to "stop 3" on the map!

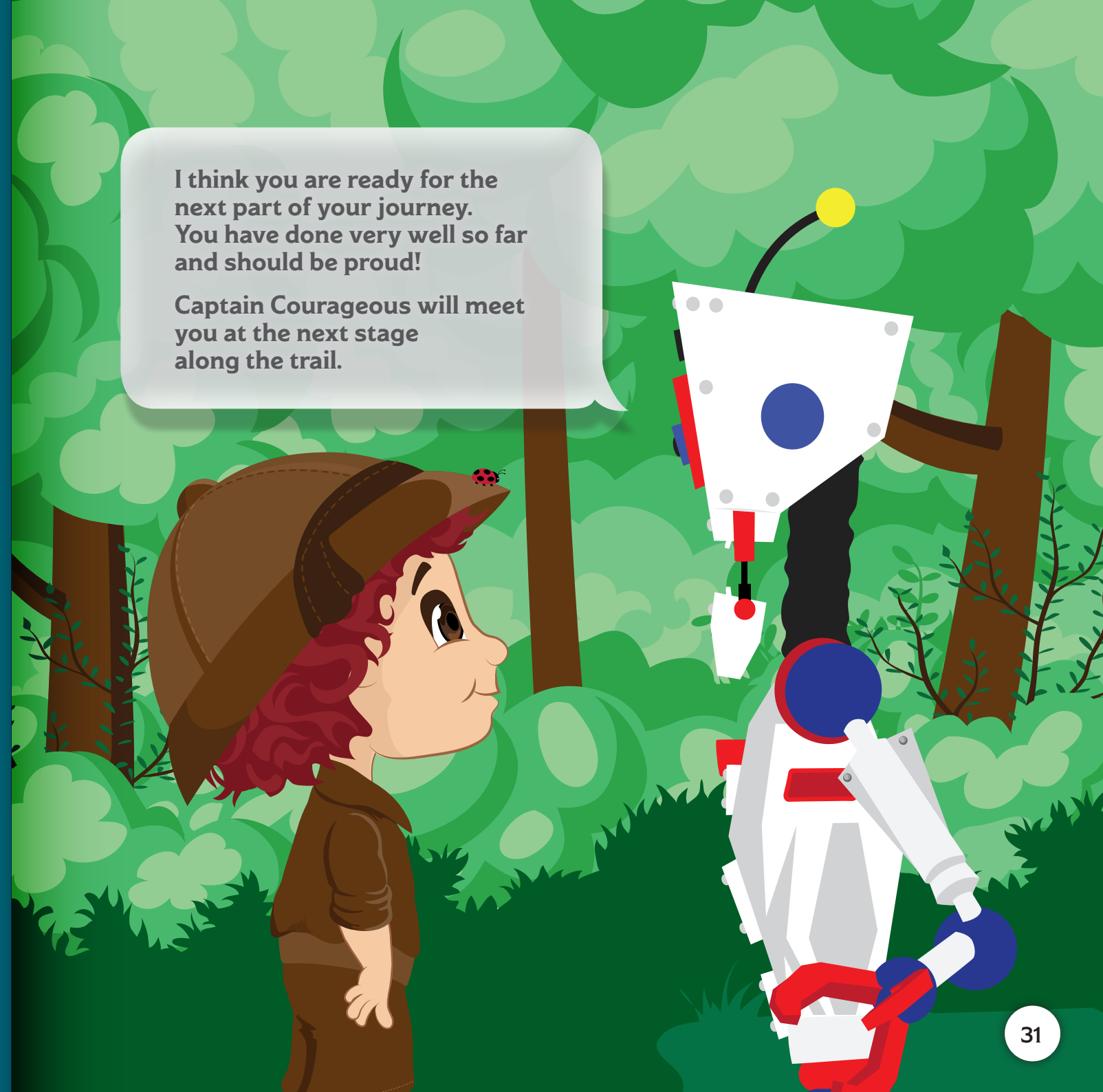
# Are you ready for the next stage of the trail?

## Tick off the checklist below!

- ☐ I know how to find my veins
- ☐ I know how to use a tourniquet
- ☐ I have seen my veins more clearly when using a tourniquet and squeeze ball
- ☐ I can keep still for 2 minutes
- ☐ I know why I need to keep still during my injection



Don't worry if you haven't ticked everything off the list.  
You can keep practicing and come back to the checklist later!





As Adam walks through the forest, he sees Captain Courageous flying overhead.

Captain Courageous, wait! Down here, it's Adam!


Hi Adam! I hear you are ready to start having your factor as an injection into a vein?

Yes, I think I am! I have practiced what Squeak and Archie have shown me so far. What do I have to do next?

The next step will be for your Doctor or Nurse to inject your factor into a vein whilst you are keeping still.

You will have to remember everything that you have learnt so far. When your Doctor or Nurse puts the butterfly needle in your vein, it might hurt a little because it will contain a real needle this time. It's fine to make a noise, and say that it hurts, but try to be brave and remember not to move.





Take your games along with you. Your Doctor or Nurse might be able to put some special cream on your arm which will make it feel tingly and numb to help you not feel the needle. We've included a special game on pages 36-37 for you to take to your first injection - try to find all of us in the forest whilst you have your first injection!

Thanks Captain, I will let you know how it goes!

You're welcome - I look forward to hearing all about it!

### Games to play to make time go more quickly!

Go through the alphabet and try to think of an animal for each letter. We'll help you to start - A is for Alligator!

Talk about your favourite place. Why do you like it so much? What can you do there? Describe it!

Try to remember the words to one of your favourite songs.

Go through the alphabet and try to think of an item of food for each letter. It could be a fruit, vegetable or anything else. We'll help you to start - A is for apples!



# Find Squeak, Archie and Captain Courageous in the forest!



### How did your first injection go?

If you need to, you can go back and practice some of the steps with Squeak and Archie. Practice is key in this journey. You have done very well to get to this stage so far and should be very proud of yourself!

Collect your achievement sticker from page 48 and add your tick sticker to "stop 4" on the map!

Hi Captain, it's me again! I had my first injection into a vein!

That's great! Well done! You are so brave! Are you ready to hear about the next stages of your trail?

Yes please!



Your Doctor or Nurse will inject your factor into a vein a few more times over the next few weeks.

Then, when you are ready, your mum or dad will learn how to inject your factor into your veins in the hospital with your Doctor or Nurse. They will learn how to inject into a vein so that you will be able to have your injections at home.



Help your mum or dad by keeping as still as you can during the injection. Collect your achievement sticker from page 48 and add your tick sticker to "stop 5" on the map after your mum or dad has injected your factor into a vein in the hospital.



Then, your mum or dad will start to inject your factor at home. Your Doctor or Nurse will decide when you and your mum or dad are ready for this.

Once your mum or dad can give you your factor in your vein every time at home, your Doctor or Nurse will arrange for you to have your port removed.

This will mean that your journey is complete!



WELL DONE!



To begin with, your parents might try injecting your factor into a vein at the weekend, when it is less busy at home so that you can take your time. When you feel ready, your parents will inject your factor into your veins during the week.


Collect your achievement sticker from page 48 and add a tick sticker to "stop 6" on the map after your mum or dad has injected your factor into a vein at home.





Thanks Captain! You've been really helpful. I'll see you again soon!

What an adventure! Adam felt proud of how far he had come on his journey. He had learnt so much from Squeak, Archie and Captain Courageous and felt positive about completing the rest of his journey.



Good luck on these last few steps on your journey! Take these last few steps at your own pace. It's not a race! When you have completed your journey, add the last tick sticker to the final stop on the map and collect your certificate from the next page!

# Great work!

This certificate has been awarded to



for being very brave and completing their journey to receiving factor as an injection into their veins and having their port removed.

Well done from all of us!







Collect an achievement sticker after visiting each of the stops on the map!



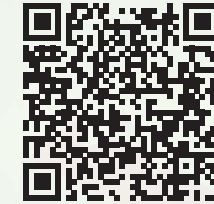
Collect a tick sticker and add this to your map after visiting each of the stops on the map!



Use these stickers on pages 20-21! Put the steps in order after visiting the picnic area with Squeak!



Thanks for joining us and Adam on his woodland walk. We hope to see you again on the Magic Movie Maker app!




To see more of Archie, Squeak and Captain Courageous, ask your parents to **download the Magic Movie Maker** for the iPad.

Be the star of your very own movie, and choose which of Adam's friends you would like to be your co-star!

The app is completely free to download and use and can be downloaded from the App Store – just ask your parents to search for “**Magic Movie Maker**”.







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