Picture-Schedule Reinforcement
Book for Blood Draws

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Instructions for use of Picture-Schedule Reinforcement Blood Draw Book

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1. Preparation prior to using the book with patient:
   a. Obtain information from caregiver about what would be a unique small reward for the patient such as candy, fruit, coins, stickers.
   b. Place reward in baggie behind each page to give patient after each procedure step is completed. NOTE: Make sure to place six reward bags behind the page of step five “Counting Faces”. Replace all baggies after using this book in preparation for the next patient.
   c. Some patients will require numbing cream applied prior to the blood draw. This step is not included in this book and should be completed prior to using the book.

2. Using the book with the patient during the blood draw procedure:
   a. Start with “Time for Blood Test” step 1. At this point, turn the page and give patient reward from the bag behind that picture. As the patient proceeds through the blood draw procedure, turn the pages of the book to correspond with that step of the blood draw and give the patient a reward.
   b. Using as few words as possible, show the patient how many steps there will be to complete the blood draw by pointing to the numbered squares on the right side of the page. This should be repeated as you show each new page to the patient so they know how much is left to do.
   c. Do the “Counting Faces” page task while the phlebotomist is finding the vein, inserting the needle, and drawing blood. Use this book to block the patient’s view of the blood draw site and encourage the patient to SLOWLY count the faces on each line. Give the patient a reward after each line of five faces has been counted.

3. Give patient an extra reward (depending on the patient’s preferences) for finishing the blood draw after the procedure has been accomplished.

Overview:
In 2008, R. L. Gabriels and colleagues developed and later piloted this picture-schedule reinforcement book for use with children and adolescents with ASD when they come into the hospital setting for physical exams and blood draw procedures (Agnew, Runde, Gordon, Gralla, & Gabriels, In Preparation) This book contains laminated color photos of each step of the procedure and a plastic bag behind each picture to give the child a small reward (i.e. child’s preferred food) to keep the child engaged following the completion of each step. There are simple, concrete written instructions displayed under each picture. The visual system of this book is consistent with the structured teaching methods of TEACCH that designs visual intervention systems to optimize comprehension of and compliance with expectations while minimizing the need for excessive verbal instruction (Mesibov & Shea, 2010). Specifically, the picture-schedule reinforcement schedule provides visual clarity to answer the following questions: 1) What am I to do? 2) How much is there to do? 3) How long does it take? and 4) What happens next?
Time for Blood Test
Rest on Chair or Table
Put Arm Band On
Clean Skin and Hold Still
Count Faces

(Give Reward)

(Give Reward)

(Give Reward)

(Give Reward)

(Give Reward)

(Give Reward)

(Give Reward)

5
You did it!
All Done with Blood Test!

Get Big Prize