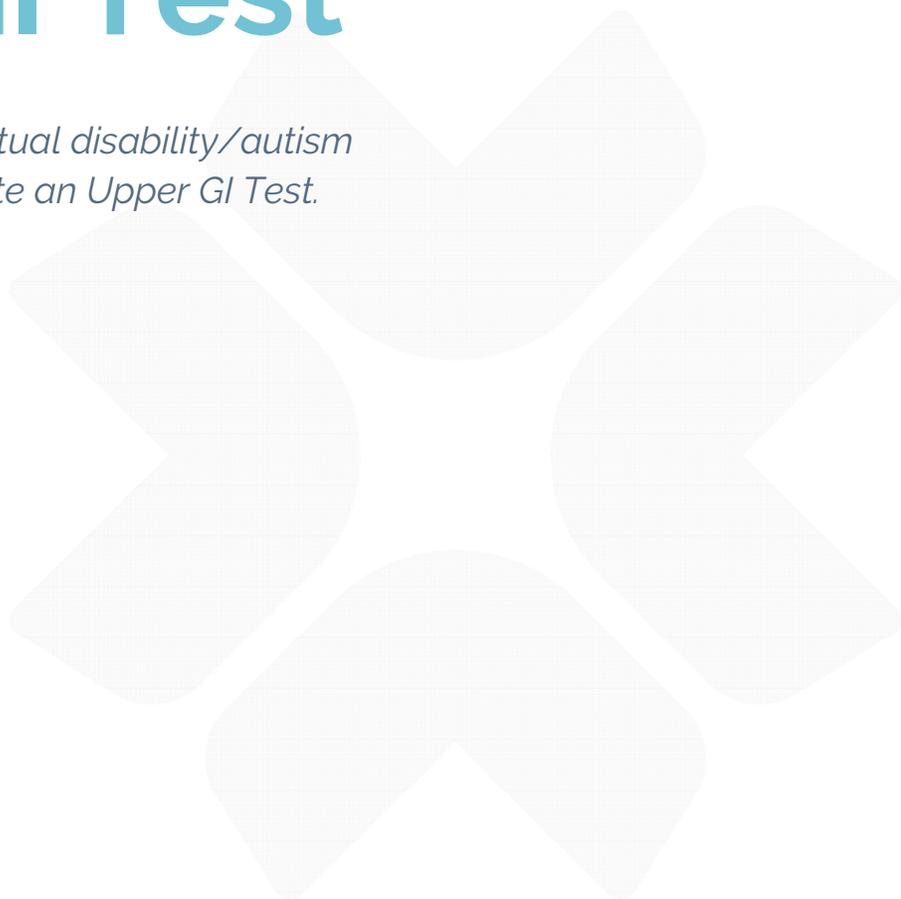




Rehearsal Guide

Upper GI Test

Preparing people with intellectual disability/autism (ID/A) to successfully complete an Upper GI Test.



Introduction for Caregivers

A rehearsal guide contains realistic pictures, concrete ideas, and clear, brief instructions for guiding a person through what can be expected in a specific situation. It includes helpful suggestions for caregivers to follow to make the experience meaningful for the person and increase the likelihood of a successful outcome. This approach is beneficial when supporting people with intellectual disability/autism (ID/A) who are anxious about situations such as doctors' appointments, hospitalizations, and medical testing.

A rehearsal guide provides opportunities for the caregiver to assist the person to learn about a specific situation. It contains information on what is needed and why, and explains exactly what can be expected. Such a guide is most effective when it is person-centered and used in conjunction with discussion to allow exploration of specific areas of concern. It can be a powerful tool when used as intended.

The expected result is that the person will then experience the situation in a way that supports health and well-being by being prepared and knowing what to expect. The guide can be used at all stages of the situation to facilitate a positive end result.

Thank you for taking the time to use this tool to work with self-advocates to improve their health outcomes.

How to Use This Rehearsal Guide

For best results, begin to review this rehearsal guide with the person prior to the day of the appointment. Sometimes it will help to review this material with an individual several days or weeks before an appointment; other times, it may be better to wait to review this material until just before the procedure is to take place, perhaps the day before or the morning of the procedure. Together with the individual, determine which will best suit the individual's needs and abilities in understanding the information provided; however, it is important not to wait until 5 minutes before a procedure to introduce this guide to an individual. Give the individual enough time in advance to become familiar with the procedure based on the pictures and information contained on each page and with the individual's abilities in mind.

It is best to review this guide slowly and to focus on one idea/page at a time, allowing the person to talk and/or ask questions after each idea/page is presented. A caregiver may want to share personal experiences related to having this procedure done but be sure to do so in a positive manner, depicting a positive outcome.

For Best Practices

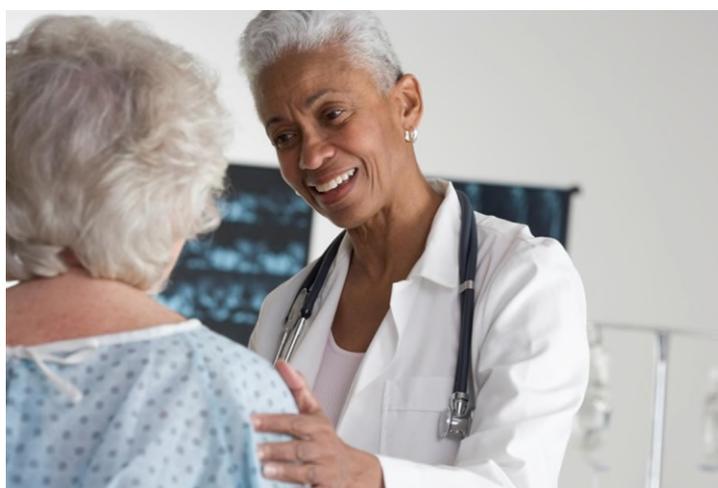
- ✓ Allot time to review this material when the individual is alert and interested in doing so.
- ✓ Ensure that the setting is free from distraction. Based on the individual's attention span, it may be best to review one page at a time, rather than reviewing an entire guide in one sitting.
- ✓ Explain each picture and practice the suggested exercises with the individual, such as deep breathing, as they appear throughout the guide.
- ✓ On the day of the procedure, take this guide along to continue rehearsing the various steps involved in the procedure. Review each page step-by-step.
- ✓ Remain positive, calm, and upbeat.
- ✓ Remember to offer positive reinforcement throughout the procedure. If the procedure is not able to be completed, focus on positive aspects. If the individual seems upset, talk about it later when they are calm to find out how they felt and what could be changed or improved to have a better outcome the next time.

Introducing the Process

(Name of individual), you are going to *(insert name of location)* for an Upper GI test on *(insert date here)*.

An Upper GI test means pictures of your neck, chest, and stomach are taken after you drink a special drink called barium. These pictures are called x-rays and they will take about 20 minutes.

(Name of caregiver) will go with you and stay with you while you see the doctor. *(Name of caregiver)* may have to wait in the waiting room when the pictures are taken. If so, *(Name of caregiver)* will be with you as soon as the test is over.



Note to Caregiver: Caregivers might try contacting the physician's office or the x-ray department to obtain more information about the exact procedure expected. Questions to ask include: Who will be in the exam room? Is a caregiver permitted to stay with the individual during the test? Will test results be discussed immediately following the test?

When using this rehearsal guide, omit or revise sections that do not apply.

Before The Test

You will be told not to eat or drink anything before the test.

This will make you feel hungry before the test begins.

Try to be patient. You will get to eat after the test.

Note to Caregiver: Caregivers may want to consider the time that the test is scheduled. This may reduce anxiety in regard to not being able to eat hours before testing. Perhaps try to schedule the test for early in the AM.



In the Waiting Area

When you first get to your appointment, you will have to wait until someone calls your name.

(Name of caregiver) will stay in the waiting area with you.

You might want to take a favorite book along to read, some of your favorite music to listen to on your headphones, or some other quiet activity to do while you wait.



Note to Caregiver: An Upper GI test uses x-ray. You may be permitted in the room with the individual, if desired. You would be asked to wear a special apron to protect you from radiation. Women who are pregnant are not permitted in the room during this test. If the individual wears dentures, they should not wear them during the test.

When Your Name is Called

When your name is called, a nurse will take you to a private room. The nurse may ask you to remove your clothes and to put on a gown for the test.

The doctor will come and talk to you about what will happen during the test.



Note to Caregiver: Some facilities may not require the person to wear a gown. Jewelry must be removed. Consider encouraging the individual to leave jewelry at home on the day of the test.

The X-Ray Machine

After you speak with the doctor, you will go to a room that has a special equipment.

There will be an x-ray machine and what may look like a television or computer screen.

This x-ray machine is like a giant camera and it will take pictures of your neck, chest and stomach.



Note to Caregiver: Caregivers may want to point to the individual's neck, chest, and stomach area.

Getting Started

When everyone is ready, you will be given a special drink.

It will look like thick white milk.

Try to drink all of it.



Stand Very Still

While you drink the special drink, you will stand up.

The x-ray machine will take pictures when you swallow.

These pictures appear on a screen for the doctor to see.

Stand very still so the pictures turn out good.



Next You Lie Down

When the x-ray machine is done taking pictures standing up, the nurse will help you to lie down on a table.



Lie Very Still

Now the x-ray machine will take pictures of your neck, chest, and stomach while you lie on the table.

The table will move up and down and tilt sideways.

You may have a feeling like you are going to fall off the table, but there will be someone standing by you the whole time to make sure that you are safe and don't fall.

Lie very still so the pictures turn out good.



About Your Test

After the test, the doctor may talk to you and *(Name of caregiver)* about the pictures they took of your neck, chest, and stomach.

The doctor may even show you a video of your test pictures.



You Can Do It!



I know you always do the best you can!

Note to Caregiver: Take time to talk with the person to see how well they understand what was presented. Ask some very brief questions such as, “Do you know what will happen when you go to have the Upper GI test?” Review the rehearsal guide as often as needed to ensure the person understands and is prepared on the day of the Upper GI test.

References

Radiologyinfo.org For Patients. (2022, April 15). *X-Ray (Radiology) - Upper GI Tract*. Retrieved November 14, 2022, from <https://www.radiologyinfo.org/en/info/uppergi>



For additional information regarding this guide or any of our physical or behavioral health trainings, contact:

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