

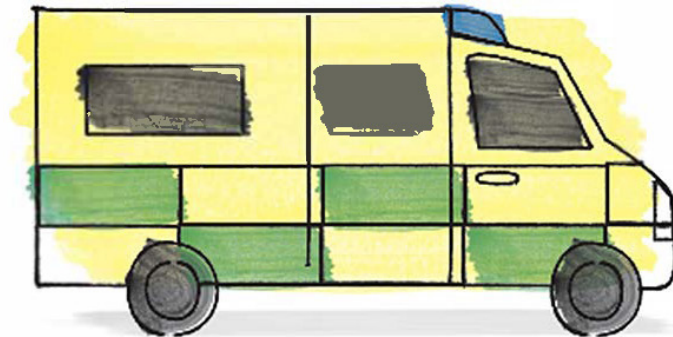


South Central
Ambulance Service
NHS Foundation Trust



My Ambulance Journey

An illustrated guide to help make an ambulance journey more predictable for patients.

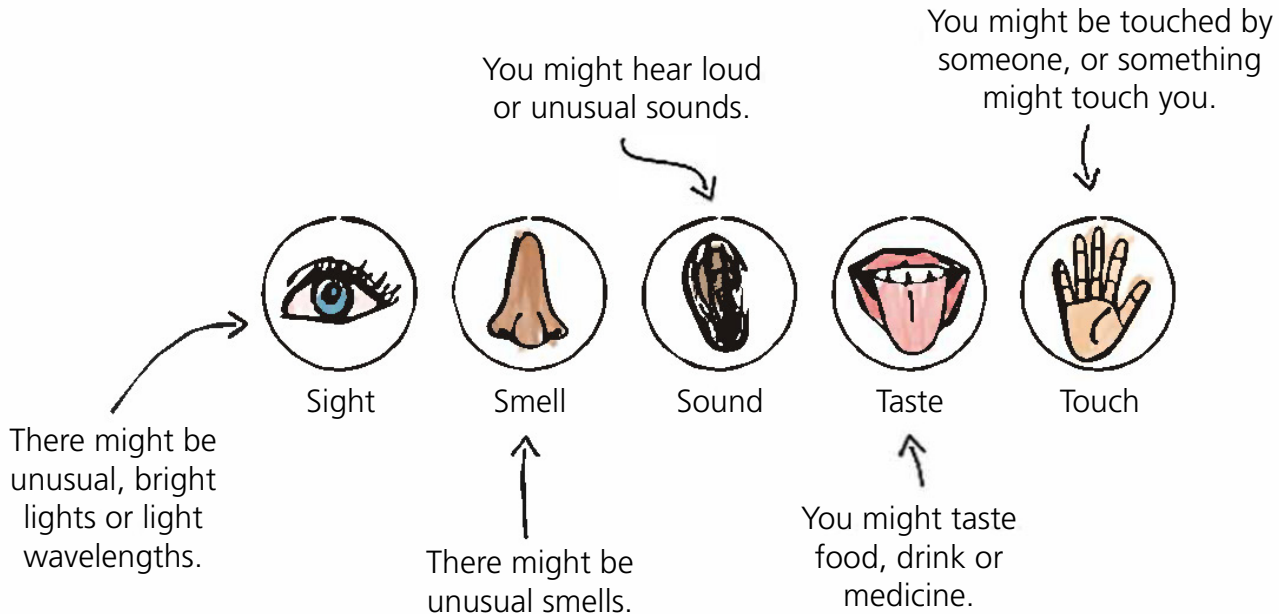


Publication and illustrations produced by Georgie Taylor | Technology Enhanced Learning Team | Education Department
Copy produced by Saricka March & Chadey-Jane Sherman | Mental Health & Learning Disability Team.

© South Central Ambulance Service NHS Foundation Trust

This guide was produced in 2024

This guide has a sensory key to help you prepare for the different sensations you might experience, while you are inside the ambulance.



Sometimes when I am poorly, I might need to get help from medical people.



Sight



Smell



Sound



Taste



Touch

If I am very poorly, I might need to go to hospital.



Sight



Smell



Sound

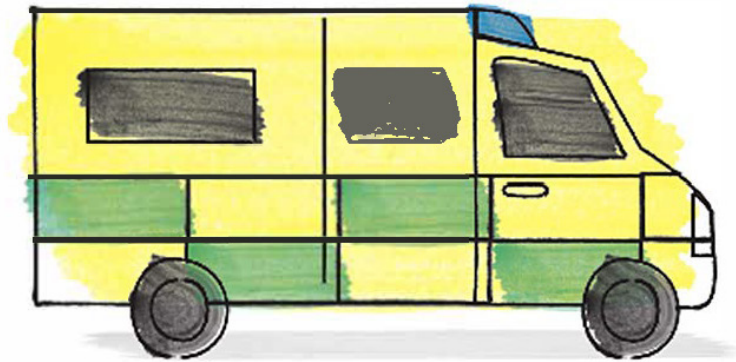


Taste



Touch

An ambulance is a vehicle that can take me to hospital.



Sight



Smell



Sound

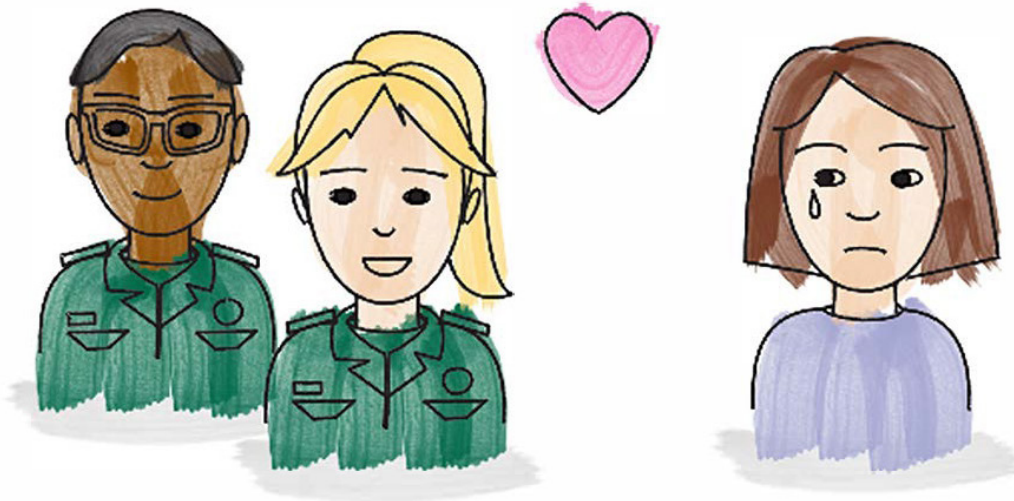


Taste



Touch

The people on the ambulance are there to help me feel better.



Sight



Smell



Sound



Taste



Touch

When the ambulance arrives, the people on the ambulance will ask me some questions.



Sight



Smell



Sound



Taste

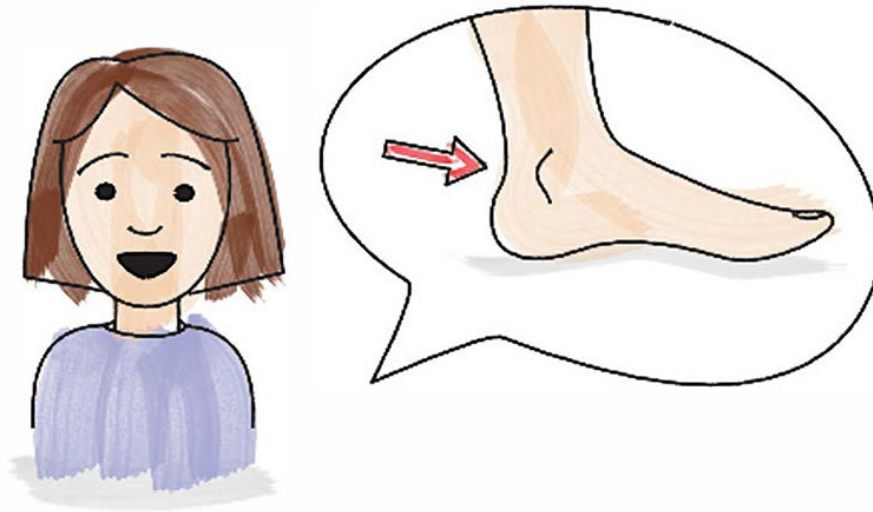


Touch

I will need to tell them what happened.



I will need to tell them where I am hurt.



Sight



Smell



Sound



Taste



Touch

I will need to tell them if I have any pain.



Sight



Smell



Sound

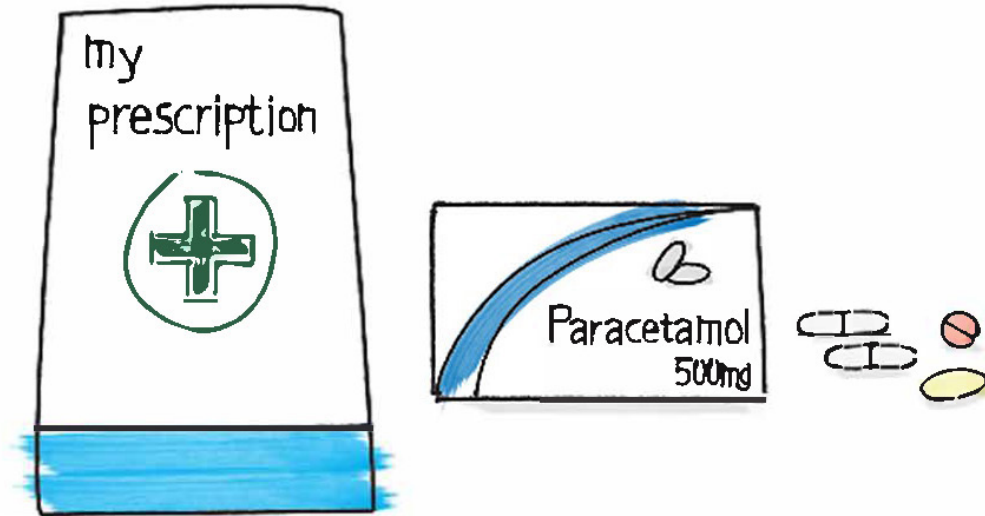


Taste



Touch

I will need to tell them if I take any medication.



Sight



Smell



Sound



Taste



Touch

If I don't know the answer, that is OK.



Sight



Smell



Sound



Taste



Touch

If I have a hospital passport I can show them it.



Sight



Smell



Sound

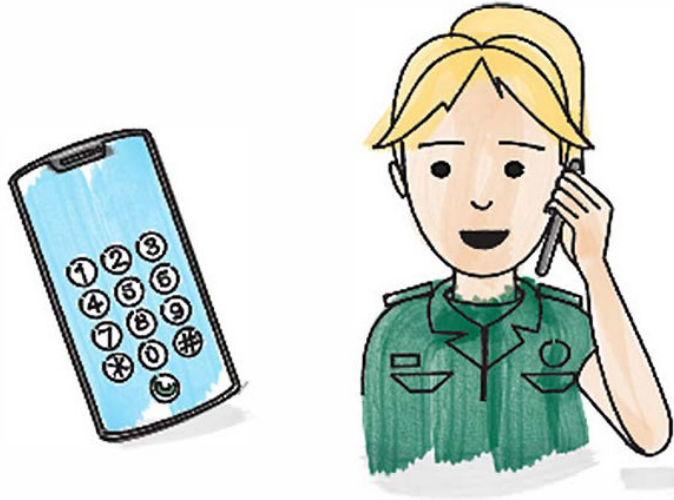


Taste



Touch

I can ask the ambulance people to ring a family member or carer to help.



Sight



Smell



Sound



Taste



Touch

Then, the ambulance people will take some observations of me.



Sight



Smell



Sound



Taste



Touch

If I need some extra time, I can ask them.



Sight



Smell



Sound

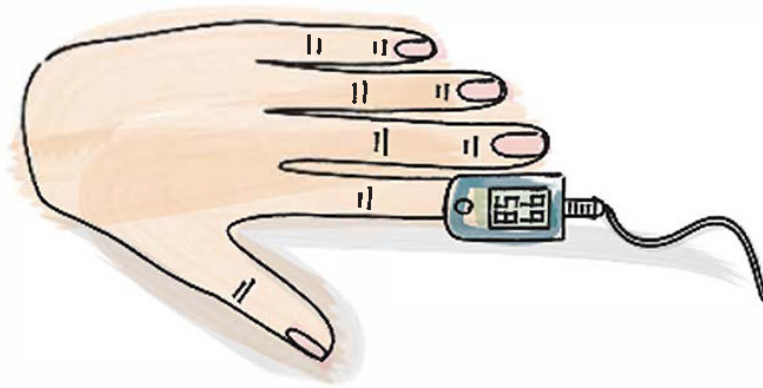


Taste



Touch

They will want to take my pulse by putting a probe on my finger. It will not hurt.



Sight



Smell



Sound



Taste



Touch

They will want to take my temperature by putting a probe in my ear. It will not hurt.



Sight



Smell



Sound

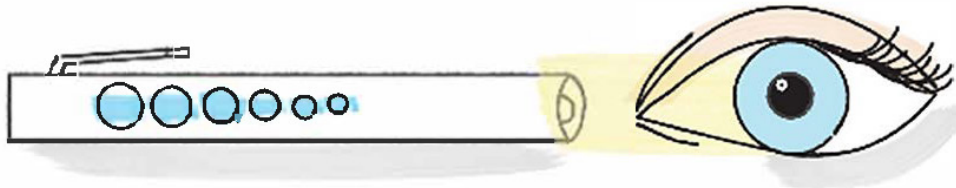


Taste



Touch

They will want to look at my eyes by shining a small light into them. It will not hurt but if it is too much, I can ask them to stop.



Sight



Smell



Sound

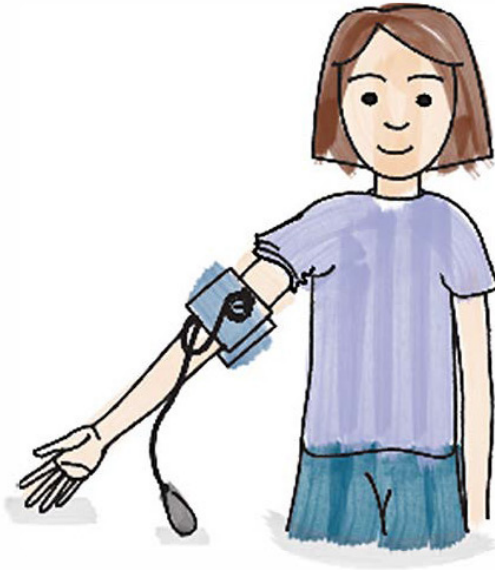


Taste



Touch

They will want to take my blood pressure by putting a cuff around my arm.



Sight



Smell



Sound

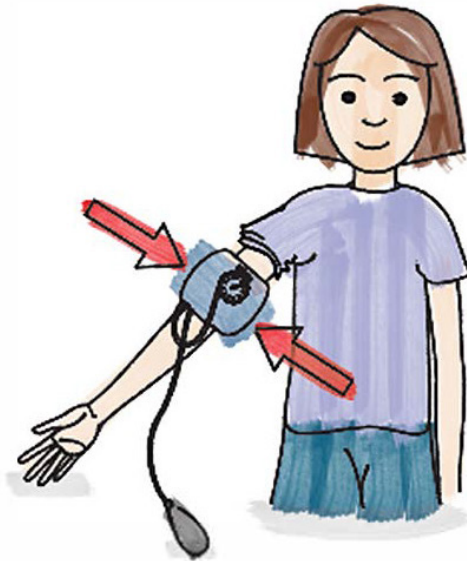


Taste



Touch

The cuff will inflate and will get tight around my arm. If it is too tight, I can tell them to stop.



Sight



Smell



Sound

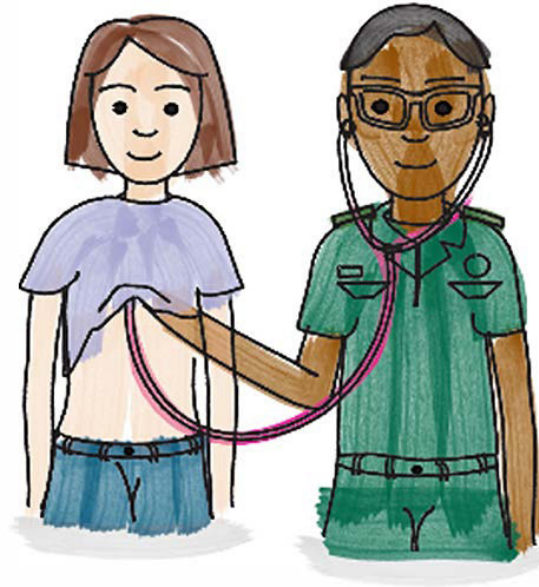


Taste



Touch

They will want to listen to my chest and heart with a stethoscope.



Sight



Smell



Sound

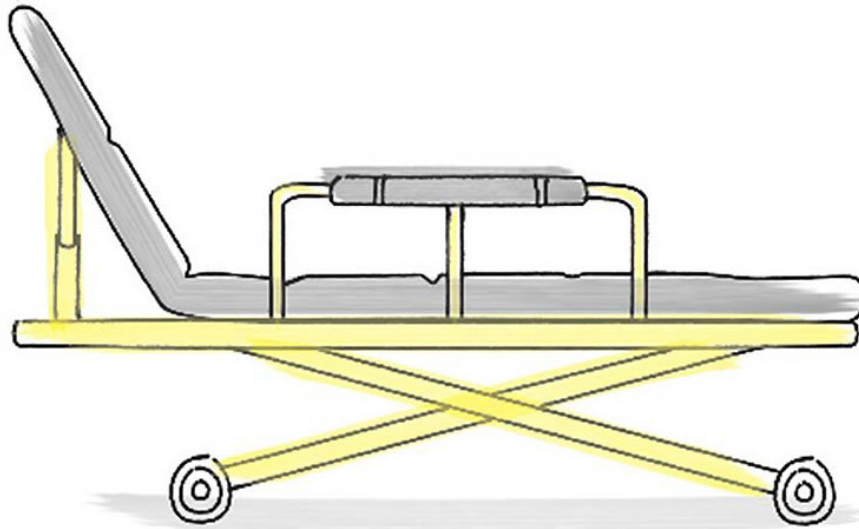


Taste



Touch

If I need to travel to hospital, I will need to lie down on the stretcher.



Sight



Smell



Sound

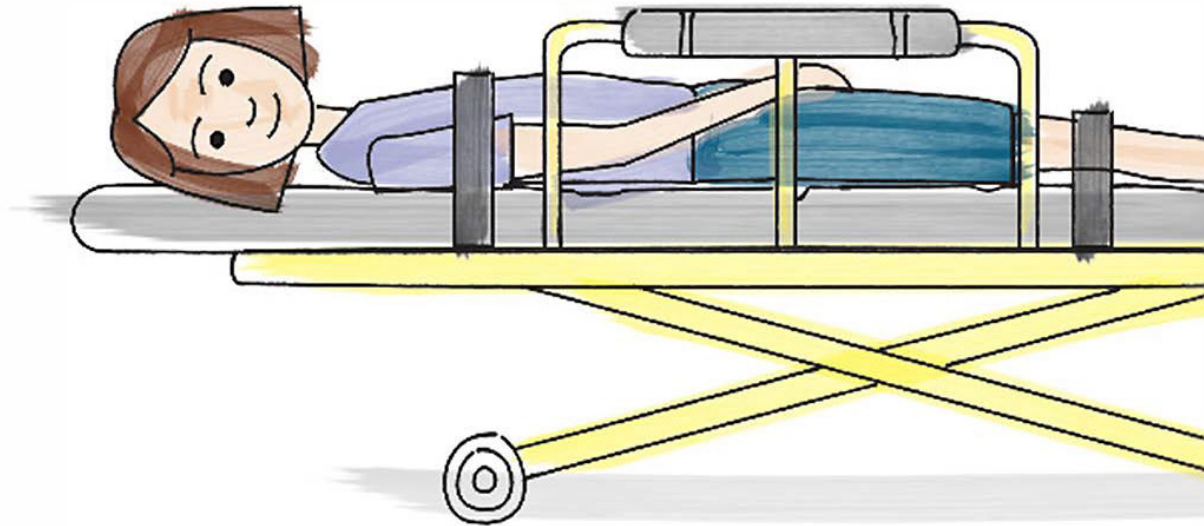


Taste



Touch

The stretcher has seat belts that go across my body to help keep me safe whilst the ambulance is moving.



Sight



Smell



Sound



Taste



Touch

It is important I keep the seat belts on.



Sight



Smell



Sound



Taste



Touch

I will need to take important items with me such as keys and my mobile phone.



Sight



Smell



Sound



Taste



Touch

I can also take any sensory items I need to help me with the journey or with being in hospital.



Sight



Smell



Sound

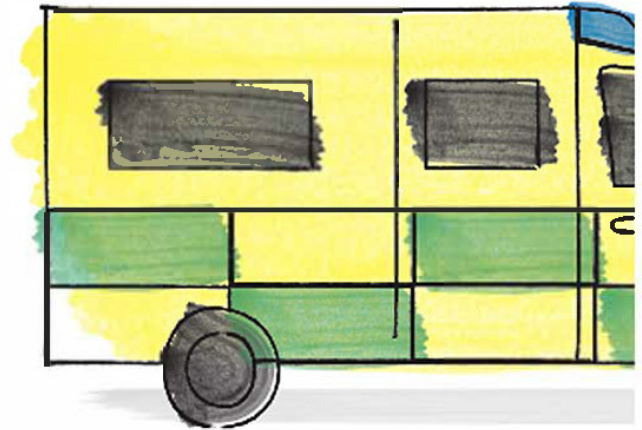


Taste



Touch

On the way to the hospital, a family member or carer can come with me.



Sight



Smell



Sound

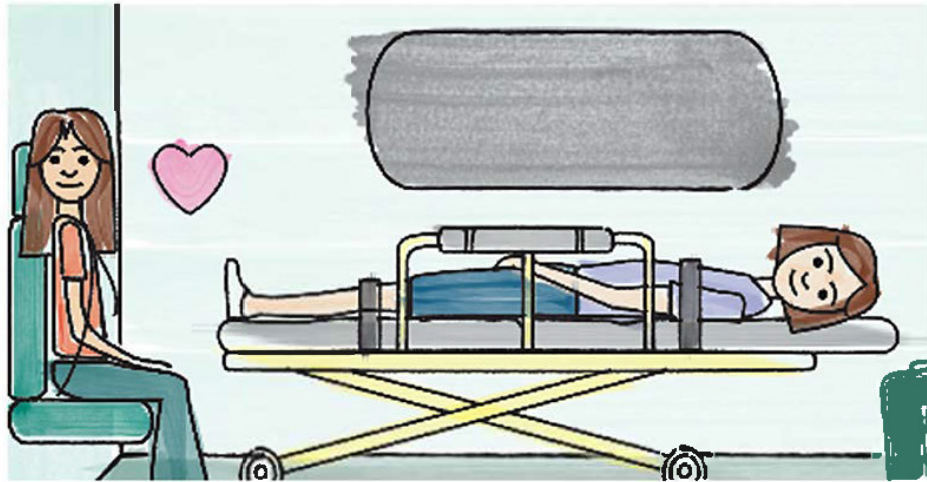


Taste



Touch

They can sit in the back of the ambulance with me.



Sight



Smell



Sound

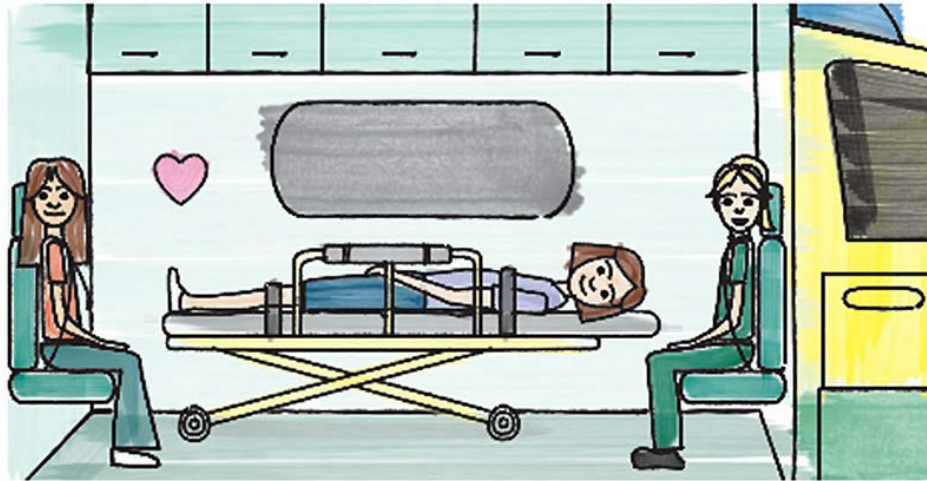


Taste



Touch

There will also be an ambulance person sitting in the back of the ambulance with me.



Sight



Smell



Sound



Taste



Touch

I won't be on my own.



Sight



Smell



Sound

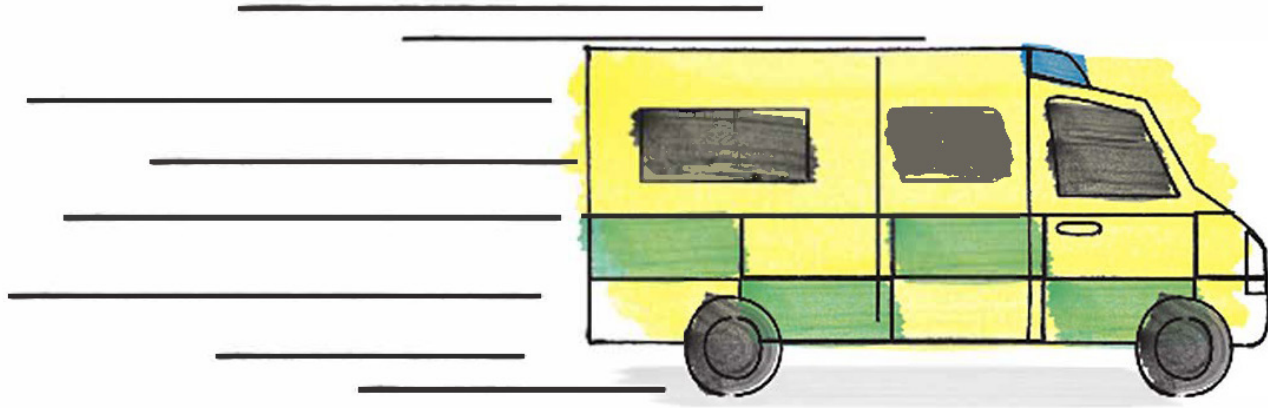


Taste



Touch

If it is an emergency, the ambulance might travel very fast.



Sight



Smell



Sound



Taste



Touch

If it is an emergency, I might hear the sirens. This is much quieter inside the ambulance.



Sight



Smell



Sound

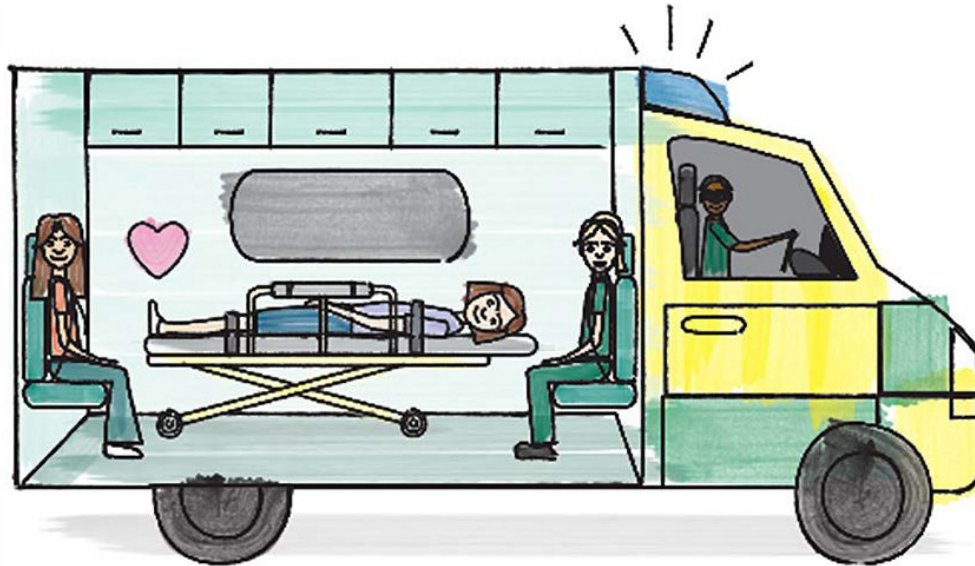


Taste



Touch

I will not be able to see the blue flashing lights when I'm inside the ambulance.



Sight



Smell



Sound



Taste



Touch

If the lights are too bright in the ambulance, I can ask the ambulance person to dim them.



Sight



Smell



Sound



Taste



Touch

I can talk to the ambulance person while we travel to hospital.



Sight



Smell



Sound



Taste



Touch

If I get worried or scared at any point, I can talk to the ambulance person, and they can stop the ambulance.



Sight



Smell



Sound



Taste



Touch

Once at the hospital I will need to wait with the ambulance person inside the ambulance.



Sight



Smell



Sound



Taste



Touch

I will need to wait my turn to get seen by the hospital people.



Sight



Smell



Sound



Taste



Touch

Once the hospital people have space for me, I will then leave the ambulance and stay with the hospital staff.



Sight



Smell



Sound

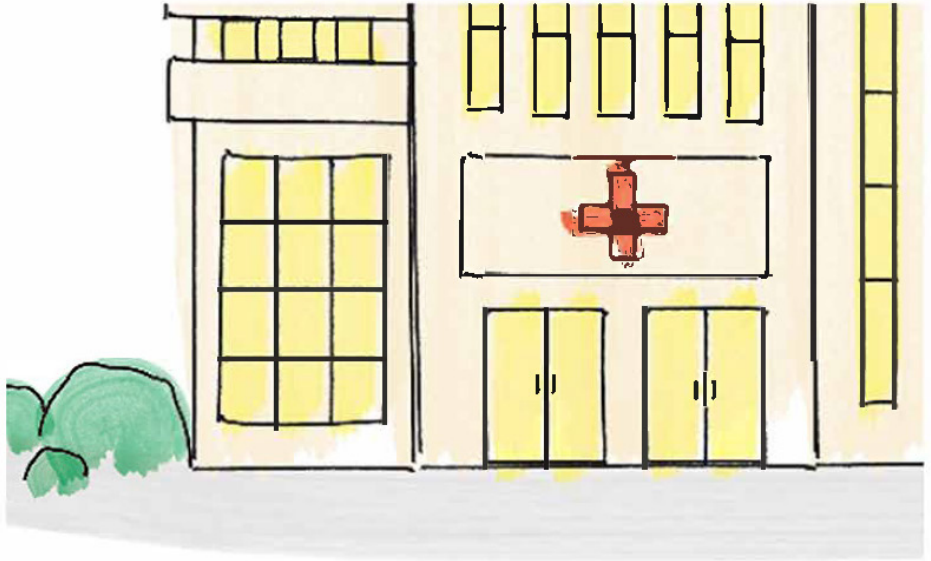


Taste



Touch

My family member or carer will come with me.



Sight



Smell



Sound

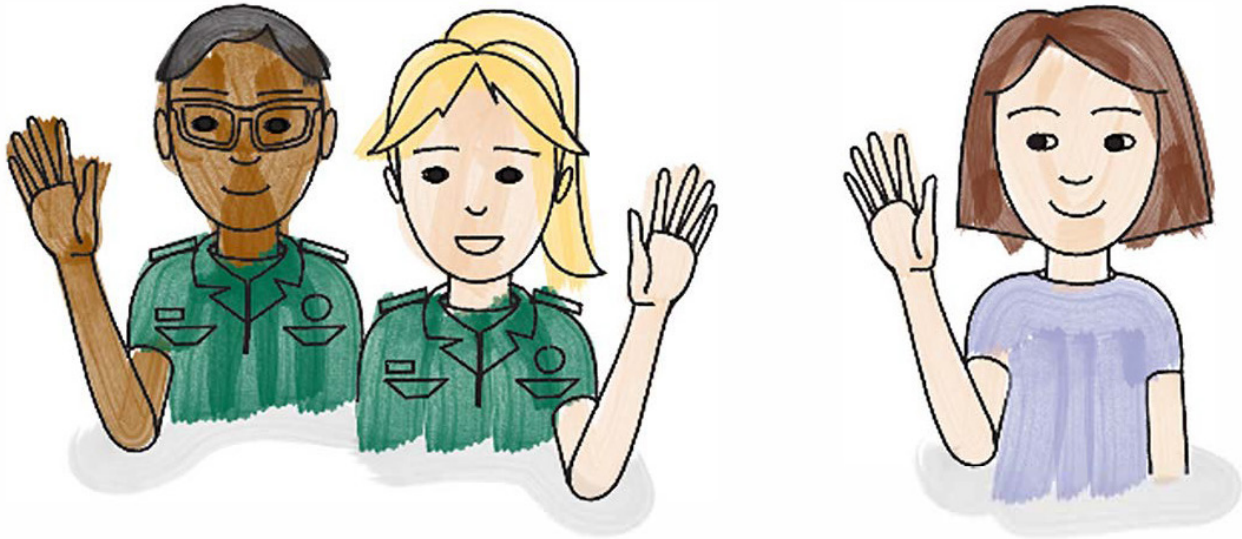


Taste



Touch

I will then say goodbye to the ambulance people.



Sight



Smell



Sound



Taste



Touch

NHS

**South Central
Ambulance Service**
NHS Foundation Trust



Right care
First time
Every time



SCAN ME!