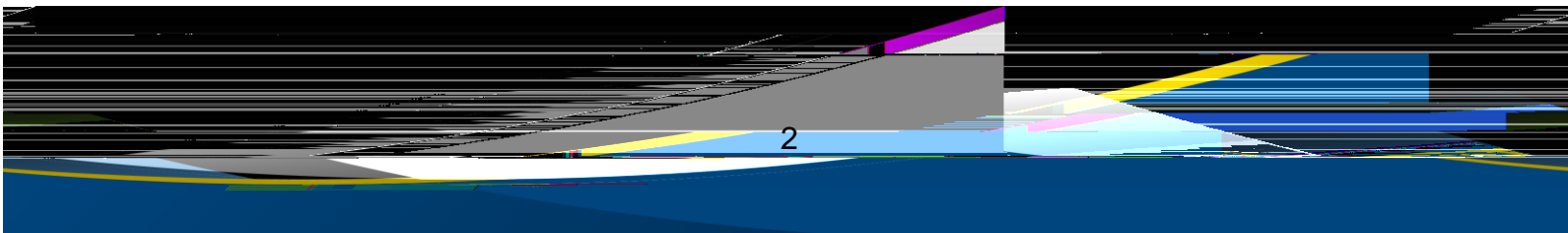




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BEFORE PRACTICING, ESTABLISH THE FOLLOWING:

1. Position: Will the person be sitting in a chair or laying on a table? If unsure, consult with your provider. Practice in the position the person will be in during the test.
2. Reward: Identify a reward to be used during practice such as a preferred candy or preferred snack. The reward should only be available *during time of practice* and no other time during the day during preparation. Explain to the person this will be provided during practice. Explain the expectations for earning the reward (i.e. stay still, safe hands, etc.). **This same reward should be used on the day of the in-person swab.**
3. Coping Tool: If appropriate, identify a coping tool to be used while the electronic device, music, or sensory item.
4. Roles: Identify who can assist with practicing. A typical test requires at least three people: one person being the lead and holding hands, another holding the head still, and a third doing the swab.
5. Document: As you go through this practice, be sure to document positions, language or other techniques used that helped ensure success. Bring this with you to the appointment and notify your provider so the same techniques can be used on the day of the in-person swab.

HOW TO PRACTICE:

Introduction:

The patient will master each step in order, adding the next step to the previously mastered step before it. By the end of practice, the patient should have completed the entire testing process successfully. We expect that this practice can be completed if you have at least 3 days prior to testing to practice.

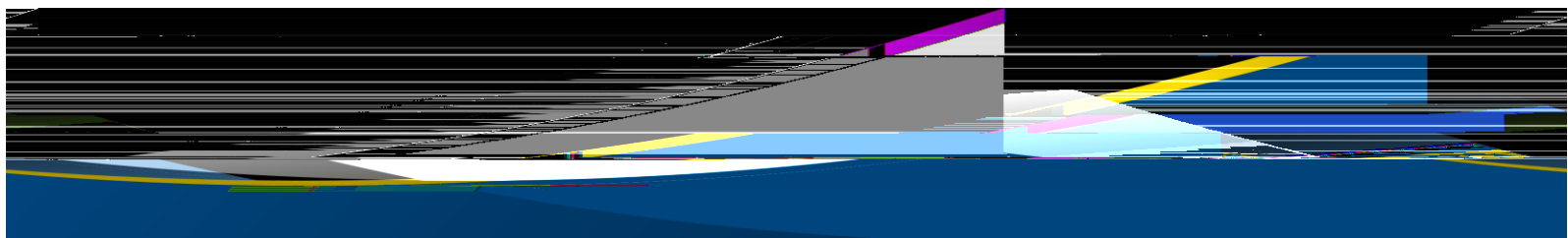
1. Sits or lay down as they would in the testing location
2. Tolerate another person holding their hands while positioned on lap
3. Tolerate another person holding hand on the forehead
4. Hold head up, chin pointed up for 15 seconds
5. Tolerate hand and head laces Q-Tip on nose
6. Tolerate hand and head be -Tip in nose

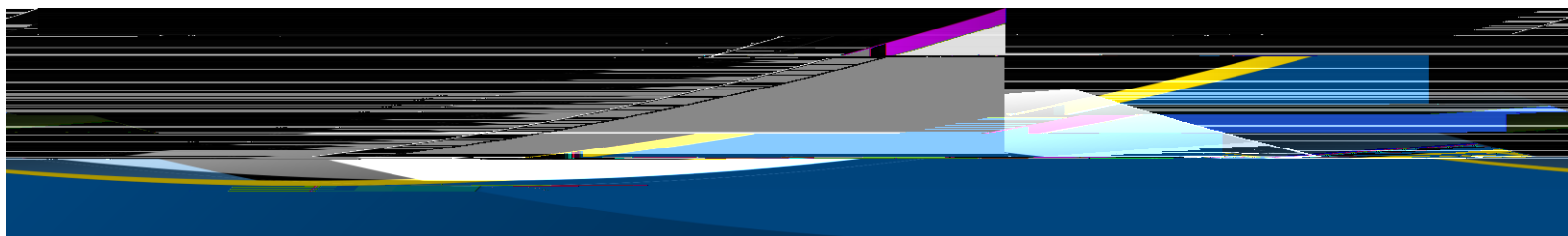
Roles:

Lead adult (lead adult
(hand holder))
Head holder
Doctor
Patient

Materials:

Q-Tip





Step 4: Holding Head Up and Back for Testing

Purpose: The patient will sit and hold their head with chin pointed up for 15 seconds.

Steps to Implementation:

1. Prompt the patient to sit and move through steps 1 through 3
2. The lead adult (hand holder) should praise the patient for sitting and allowing hand and head holding
3. The lead adult (hand holder)
up, like I pointing the chin up and holding the head
back
4. If the patient cannot imitate the movement, the lead adult (hand holder) should facilitate with a light physical guide



Step 6: Q-Tip In Nose

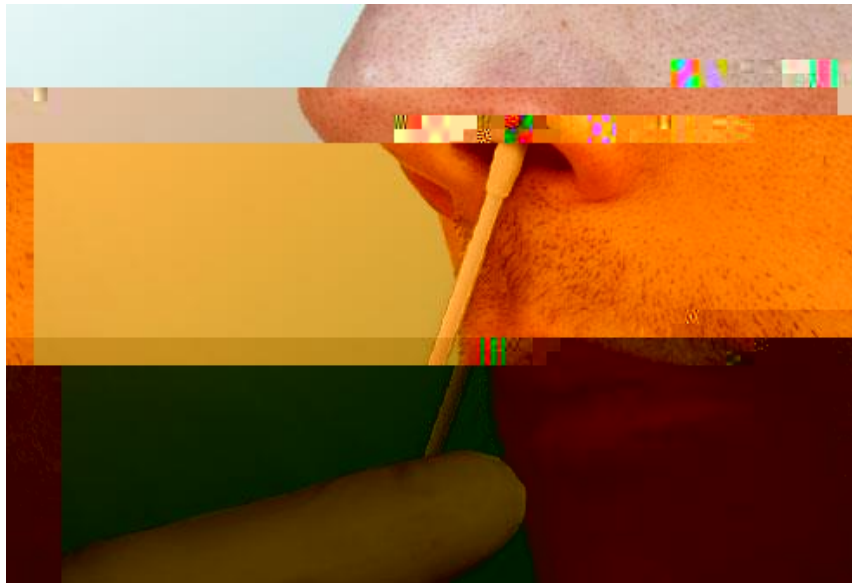
Purpose: The patient will tolerate their hands and head being held while the doctor places the Q-Tip in the nose.

Disclaimer: In step 4, the patient has learned to sit for 2 minutes and keep their head up for 15 seconds. The Q-Tip On Nose (step 5) and Q-Tip In Nose (step 6) should be completed within this timeframe.

Steps to Implementation:

This step differs from the first four to more closely approximate the test, following the completion of step 1 (i.e. the patient is sitting or lying) follow the steps below

1. The lead adult (hand holder) swab,
- 2.
3. Q-Tip
4. The lead adult (hand holder) and head holder should place their hands on patient at approximately the same time.
5. The lead adult should verbally and physically (if necessary) prompt Head up
6. The doctor will then place the Q-Tip slightly in the nose. The lead adult (hand holder) should slowly count to 15 out loud. As soon as the lead adult (hand holder) gets to 15, provide verbal praise (i.e. awesome job staying still!) and reward (i.e. a small piece or candy or bite of snack).



DISCLAIMER:

ps, reach out to your provider; additional consult is available upon request.

COVID-19 Testing for additional instructions on preparing individuals for COVID-19 testing.

For basic t
guide.

To schedule a consult, please reach out to Christina Fredericks at:
Christina.Fredericks@URMC.rochester.edu

TROUBLESHOOTING:

1. Length of time: extended touch, inability to sit still, etc., you can lessen the expected amount of time. You can begin with as low as 2-3 seconds, and as the person is successful three times in a row, continue to increase the amount of time slowly.
2. Mastering quickly: If it is clear teaching does not need to occur in one step because the person has no trouble tolerating their hands being held, you can advance to the next step.
3. Reward no longer working: It may be clear the person is no longer showing interest in the reward, and it is making practicing more challenging. It is okay to change what the reward is. If appropriate, involve the person in selecting what they would like to work for. The reward will vary greatly depending on age. The immediacy of delivery is what is most important.
4. Number of People: If there are not enough people in the home to practice all of the steps cumulatively, practice one step at a time.