

A call to action from children and young people with lived experience of clinical procedures



“The rights-based standards are very close to my heart and are really important to me. I experienced many badly handled procedures as a child and now as an adult the trauma still affects many of my life choices. I want to prevent other children from experiencing what I did and having difficulties with future procedures. The psychological wellbeing of a child before, during and after a procedure needs to be protected. This project will hopefully help do that and will avoid the unnecessary restraining of children for procedures.”

Katie, aged 20 years UK, multiple procedures experienced throughout childhood

“I didn’t really know what was happening, it all felt so quick and rushed. It felt like the doctors and nurses were not really talking to me but around me and I was so scared and anxious. They were explaining things to me, but I was too anxious to really listen, I couldn’t focus on their voices as I didn’t want to hear what they were saying. I wish they had taken longer and made more effort to calm me down so I could listen to them and understand what was happening. I knew it needed to be done, and I wanted it done but I could not make myself relax enough to sit still. My mum and everyone was just telling me it would be over really quickly if I could just keep still. Then I remember being held, I cannot really remember by who, but I did not like it and then it was done. It just felt so scary. It would have been better if they just stopped, given me a chance to breathe and had worked with me to think about the best way to get through it, rather than trying to just rush through it so they could get it done quickly.”

Jack, aged 13, UK, experience of a procedure within an emergency department