

# Getting to Know Me

<b>Name: Janet Doeman</b>		<b>Nickname: Jane</b>	
<b>Date of Birth: 3-28-95</b>		<b>Today's Date: 6-5-08</b>	
<b>Who am I? How would I describe myself?</b>			
I am a 13 year old girl who has a heart condition. I like to read, dance, cheerlead, swim, and hang out with my friends. I am a person who likes to have fun.			
<b>What are my strengths/interests?</b>			
I get really good grades in school. I like to dance and cheerlead, and I am on teams at school and at the park for this.			
<b>What is my life like in the community?</b> <i>(Things to consider: school, favorite places)</i>			
I get good grades in school and have a lot of friends. I go to church with my parents every week and everyone there knows me. My favorite places to hang out are at the park, at the mall, or in my room with my friends.			
<b>How would I describe my family situation?</b> <i>(Things to consider: siblings, parents, other relatives, pets, where you call home)</i>			
I have two brothers who live with me and my dad. My mom lives a few blocks away. We have two cats and a dog. If there are problems I can call my mom or my dad. My mom usually takes me to my doctors appointments.			
<b>What is my diagnosis (diagnoses) and what that means for me?</b> <i>(Things to consider: doctor's explanation, my explanation)</i>			
I had two ventricular septal defects and a coarctation of the aorta that were repaired when I was a baby. Now I have mitral valve regurgitation.			
I had two holes between the lower chambers of my heart and my main artery was pinched when I was born. They fixed this when I was a baby. Now I have a leaky valve.			
<b>What are my challenges?</b> <i>(Things to consider: things that frustrate me about my illness, how people interact with me due to my illness)</i>			
I don't like it when people think that I won't be able to do things because of my heart condition. I also don't like it when I get tired earlier than other kids. Sometimes people treat me like I'm sick when I tell them about my illness, and I wish that they wouldn't.			
<b>What do I think of my overall health?</b> <i>(Things to consider: limitations, things that bother me, things I can control)</i>			
I am pretty healthy. Sometimes I get tired more than other people, and I'm not allowed to run, but I can do almost everything else. It bothers me when people tell me I can't do something before I've tried. I am allowed to try anything and if I think its too much then I can stop.			
<b>What are my prior surgeries, procedures, lab/diagnostic studies?</b>			
Date:	Procedure:	Results:	
1993	Open Heart Surgery	Fixed coarctation of the aorta	
1994	Open Heart Surgery	Patched the holes of my VSD	
2005	Cardiac Catheterization	I have a mitral valve that leaks	
<b>What are my current medicines/doses?</b>			
No medication right now.			

**What are my allergies?**

Codeine - I stop breathing  
Ceclor - I get a rash

**What are things to avoid?**

*(Things to consider: food, procedures, activities such as gym class, etc.)*

No blood or blood pressure from my left arm. I'm not allowed to run.

**What Equipment/Assistive Technology do I need?**

Braces/orthotics  Walker, wheelchair  Communication device  Home O<sub>2</sub>   
Insulin pump  Nebulizer  Suction  Other: None right now

**What other things I'd like you to know about me and my condition:**

Nothing that I can think of.

**How do I want information:**

*(Things to consider: tell me in writing, tell me alone, or tell me and my parents together)*

I want you to tell me if something is wrong so we can plan for it. If something is really scary I want you to wait for my mom to get there to tell me.

**Things I want help with:**

Sometimes I need you to explain things more than once so that I can understand it. Using pictures helps.

**Boundaries:**

I don't want help when I'm trying to see if I can do something. Don't tell me I can't dance unless I've tried it and I know I can't.

**My responses to my illness:**

*(Things to consider: general responses, tired, excited, hungry)*

When I have worked too hard I get tired and I have to rest. When I'm really tired I get upset and sometimes I yell at people if they won't leave me alone.

**How I want to be treated:**

- It's OK to ask me if I need help.
- It's **not** OK to ask me if I need help
- It's OK to ask me details about my condition
- It's **not** OK to ask me details about my condition



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