

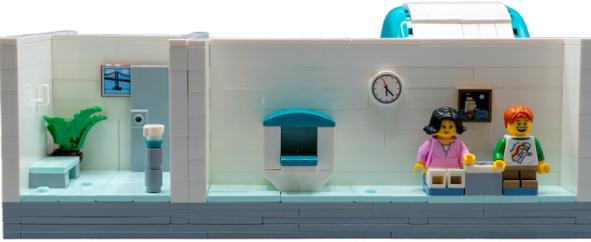


Preparing for an MRI Scan: Play Specialist Guide



This resource is designed for play specialists, but is applicable to anyone who prepares pediatric patients for MRI scans, such as MRI technologists, nurses, and psychologists.

When you first introduce the LEGO® MRI Scanner to patients, encourage them to explore and interact with the model freely. This hands-on experience helps build familiarity and comfort. Afterward, guide patients through the steps they will experience before and during their MRI. As you go, use the discussion prompts as relevant to your facility to make the session meaningful and engaging.

Explain	Ask
<p>Show the patient the Waiting Room on the model and explain, <i>“After you check in, you may need to wait for your turn.”</i></p> 	<p><i>“Would you like to bring something, such as a book, toy, or stuffed animal, to help pass the time?”</i></p>
<p>Show the patient the Holding Room on the model and explain, <i>“The MRI scanner uses really strong magnets to take pictures. That means we can’t have any metal on our clothes or bodies. Before we go in, we’ll use a metal detector to make sure you’re all set.”</i></p>	<p><i>“Does that make sense to you?”</i></p>
<p>Show the patient the MRI Room on the model and explain, <i>“You will go into the MRI machine either head first or feet first, depending on the part of your body that needs pictures taken. Nothing will touch you and this is a safe procedure that your team does every day.”</i></p> 	<p><i>“Can you show me which part of your body we’re taking pictures of today?”</i></p>
<p>Show the patient the head coil on the LEGO figure and explain, <i>“Depending on which part of your body we’re taking pictures of, you might wear something special like a helmet to help us get clear pictures.”</i></p>	<p><i>“How does that make you feel?”</i></p>

Explain	Ask
<p>Show the patient the Tech Room on the model and explain, <i>"While you are in the MRI room, the MRI technologists will be in a nearby room controlling the machine and taking pictures. They will be able to see you the whole time and talk to you through the speaker."</i></p>	<p><i>"Would you like to say hello through the speaker before the scan starts?"</i></p>
<p>Show the patient the squeeze ball on the model and explain, <i>"You can talk to the MRI technologists while you are in the machine by squeezing the ball/pushing the call button."</i></p>	<p><i>"Do you want to practice squeezing the ball/pushing the call button before we start?"</i></p>
<p><i>"The MRI machine will make loud noises, that is normal and we will give you headphones to wear to block out some of the noise. We can play the noises for you now so you'll know what to expect."</i></p>	<p><i>"What does this sound like to you – construction workers, robots, rocket ship, microwave?"</i></p>
<p><i>"You'll need to stay very still while your pictures are taken, like a statue."</i></p>	<p><i>"Have you ever had to stay still for a long time before?" or "How do you feel about staying still?"</i></p>
<p><i>"The MRI scan will take about [insert length of time]."</i></p>	<p><i>"Let's figure out how many episodes of your favorite show that would be. What's your favorite show?"</i></p>



Now that you have walked through the procedure with the patient, ask them if they have any questions or concerns about what will happen. Then, invite them to tell or show you what they think will happen during the MRI scan, so you can make sure they understand and feel ready.

