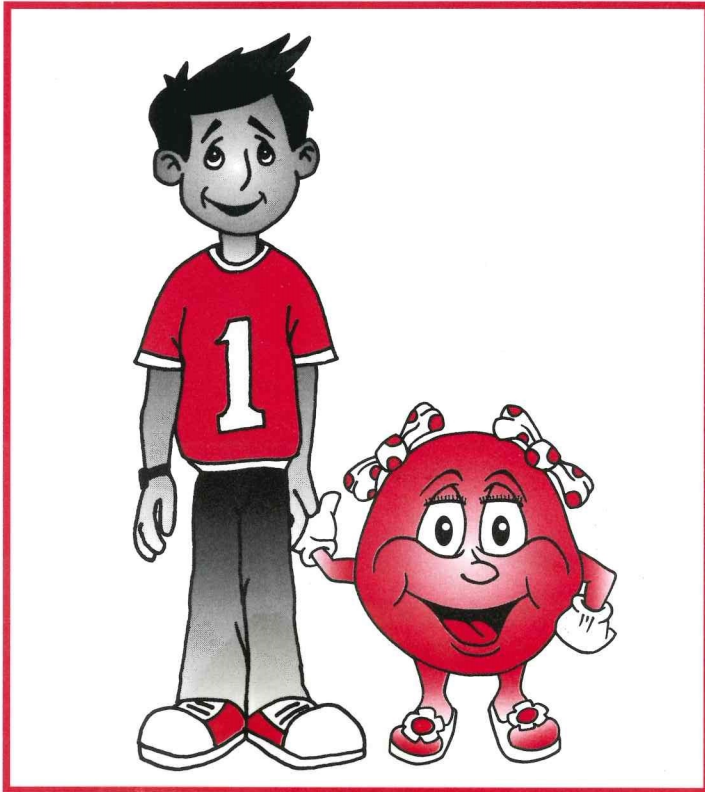


# AARON AND TINY TINA'S VISIT TO THE HOSPITAL

## Thalassaemia Education in Schools



©



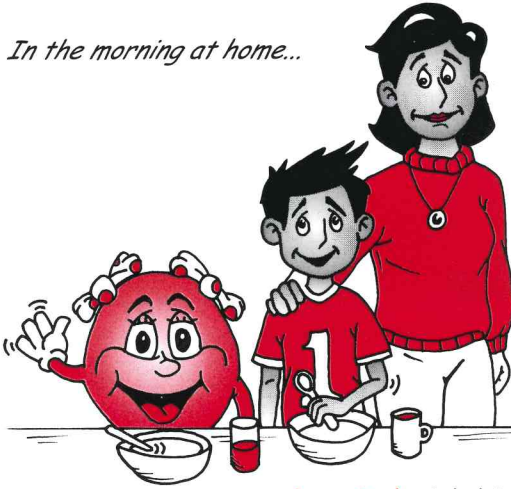
Sickle Cell & Thalassaemia Support Project  
(Wolverhampton)

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[www.sctsp.org.uk](http://www.sctsp.org.uk)

*In the morning at home...*



Hi my name is Tiny Tina and this is my friend Aaron. Like me, Aaron has **Thalassaemia Major**, which he found out by having a **blood test** when he was born.

**Thalassaemia Major** is a **blood disorder**, which is passed down from your parents. This can happen to anyone around the world.

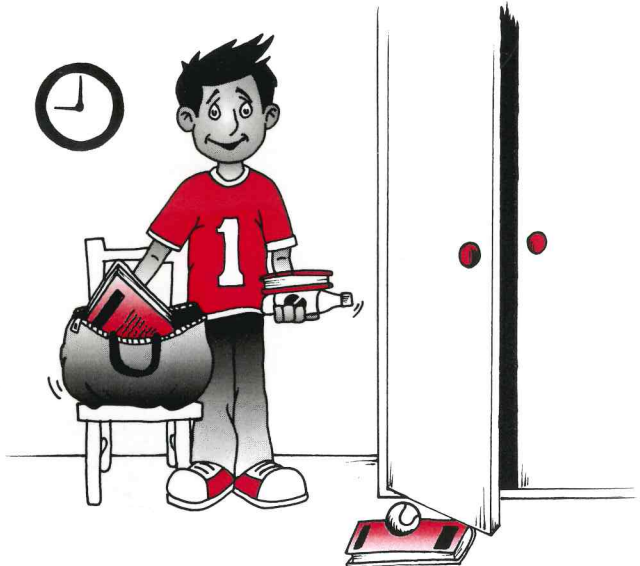
Aaron wants me to go to the **hospital** with him today so I can tell you what it is like for him to have **Thalassaemia Major**.

Every four weeks Aaron needs to go into hospital for a **blood transfusion**, this is so he can have fresh blood, which will help him stay healthier.

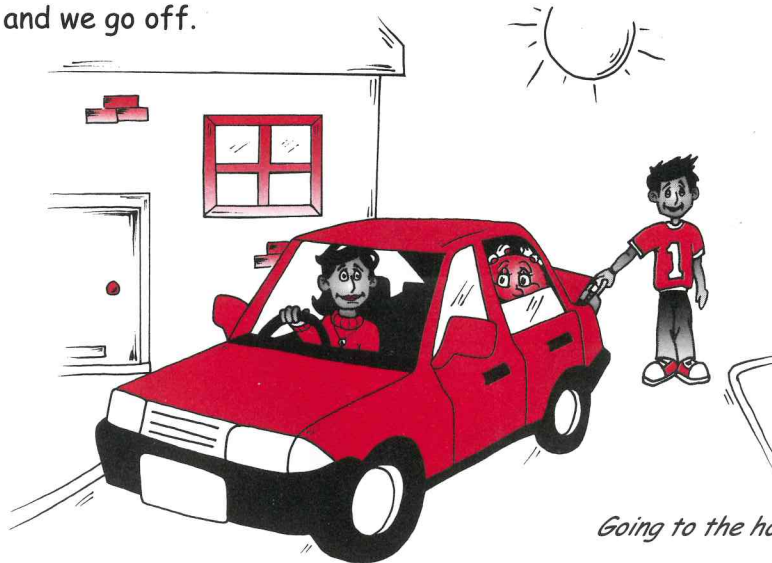
Each morning before he goes to school. Aaron's mum makes him breakfast. He also remembers to take his medicines, these give him extra **vitamins**.

Aaron packs his bag, ready for the hospital. Aaron enjoys reading and drawing so he packs his favourite reading books, colouring pens and pencils.

He has a spelling test at school next week, so he also takes his spelling book with him so he can practice during the day.

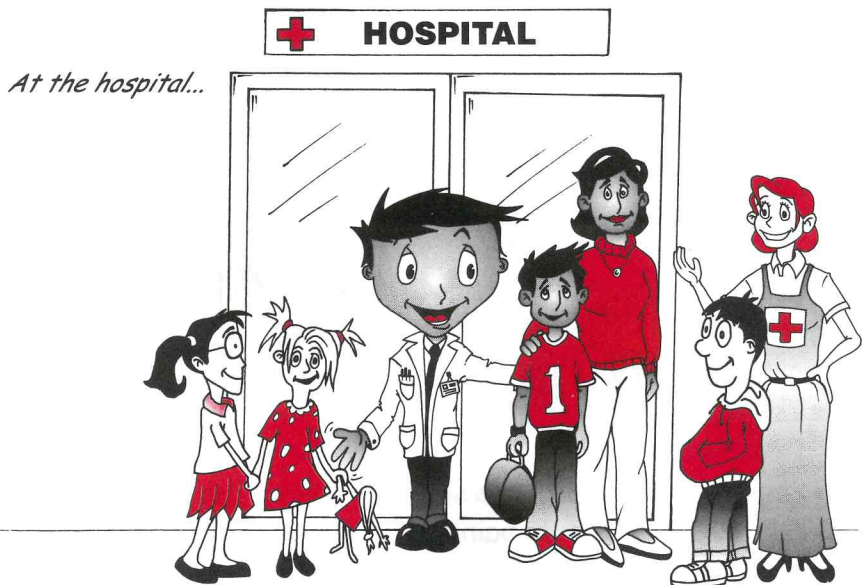


Aaron is ready to go to the hospital. His mum takes us both to the hospital in her car. When we are all ready Aaron and I fasten our seat belts, and we go off.

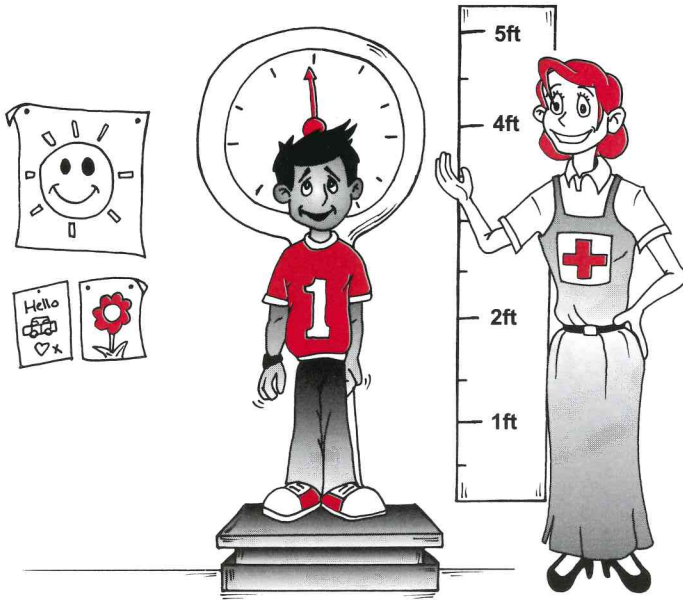


*Going to the hospital...*

All of Aaron's other friends have already arrived at the hospital for their **treatment**. The Doctor and a nurse welcome all the children and take them along to have their **blood transfusion**.



*At the hospital...*



Before Aaron and his friends have their **blood transfusion** they all have their **height and weight measured**. They must wear comfortable clothes because they will be at the hospital all day.

Aaron is ready for his **blood transfusion**, he starts to read his books, and practice for his spelling test while this is going on.



Later on during the **blood transfusion**, Aaron falls asleep, so I decide to go for a walk around the hospital. In the children's ward

next door, I can hear singing. I walk in and find a clown who is juggling and dancing and all the children are singing along with him. Some of the children are getting their faces painted with their favourite cartoon characters. So I decide to have my face painted too!



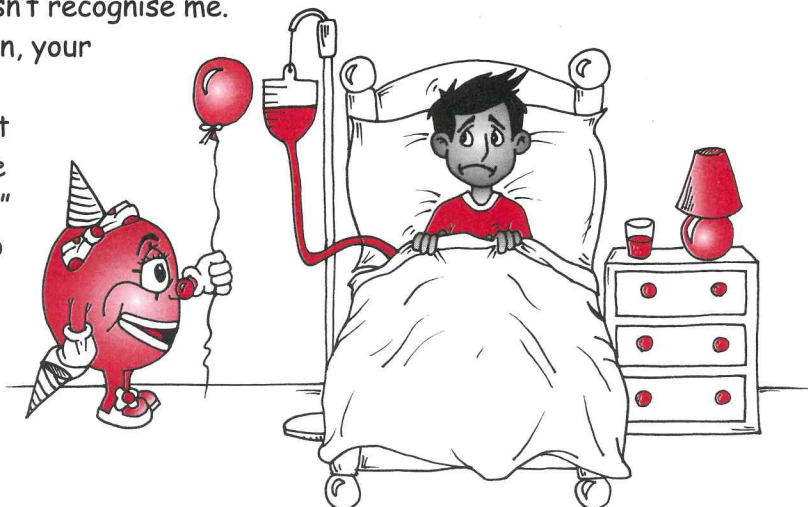
I go back to Aaron's room and wait for him to wake up so that I can give him a surprise. I'm really excited, when he wakes up he's a bit scared at first and doesn't recognise me.

"It's me Aaron, your friend Tina!"

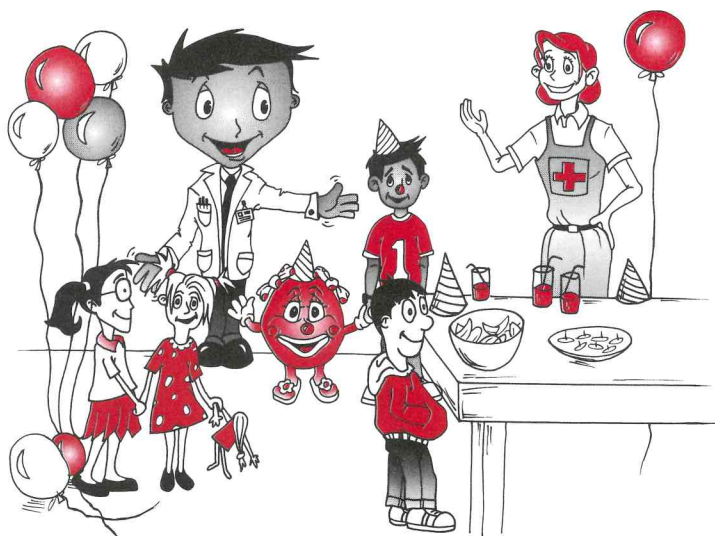
"Oh Tina what have you done to your face?"

"It's paint, do you like it?"

"Yes I do!"



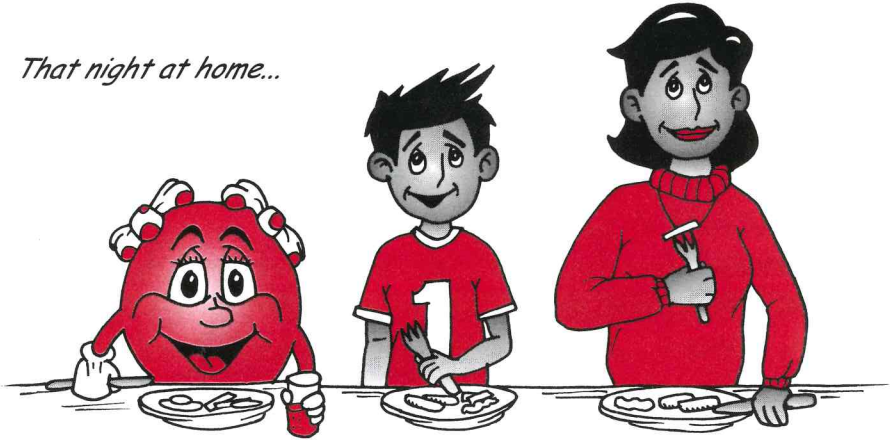
Once Aaron's transfusion is finished, We both join the children's party. Everyone is having so much fun and Aaron decides to get his face painted too. We both draw a picture of each other, which we can take to school tomorrow and show the teacher and our friends.



It's been a long day and Aaron's feeling a bit tired. So Aaron's mum decides to take us home. Aaron packs his bag and say's goodbye to all his friends and the nurses.

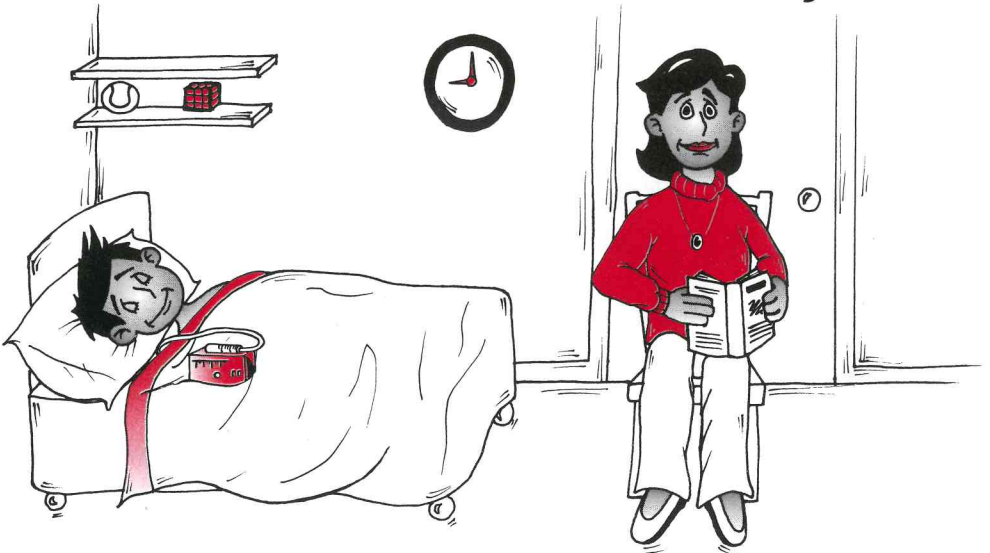
When we arrive home, Aaron has his tea and after having a bath Aaron gets ready for bed. The new blood Aaron had during his **transfusion** contains a lot of **iron**. Aaron needs to get rid of this extra iron in his body or this will make him ill.

*That night at home...*

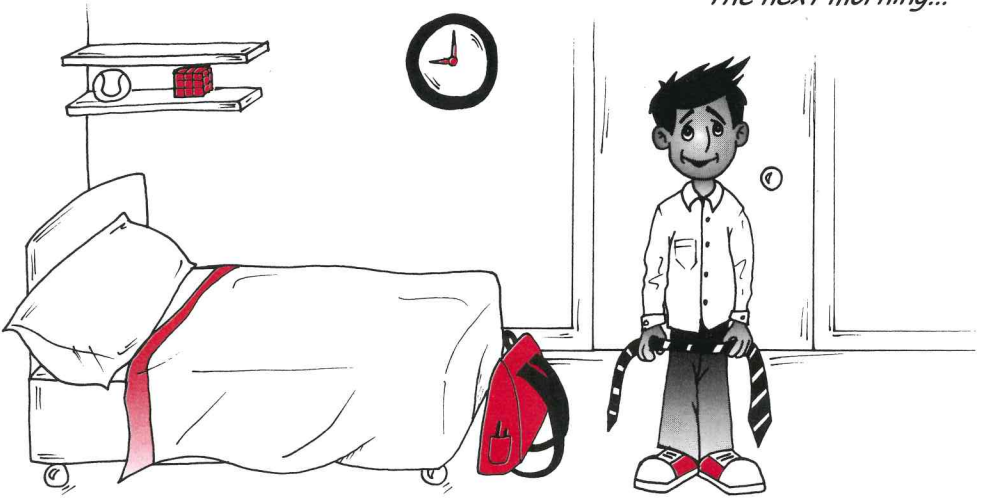


The hospital, have given him a **special pump**, which has **medicine** inside called **Desferal**. When Aaron goes to bed every night his mum connects the pump to him so that the **extra iron** can be removed while he's sleeping.

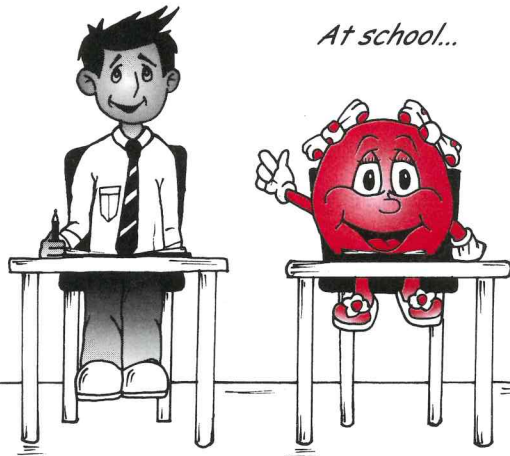
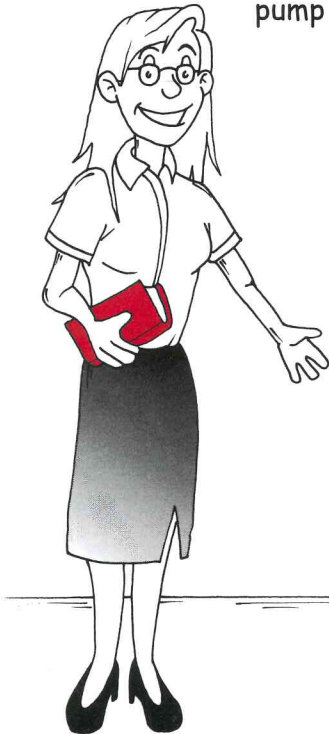
*That night in bed...*



*The next morning...*



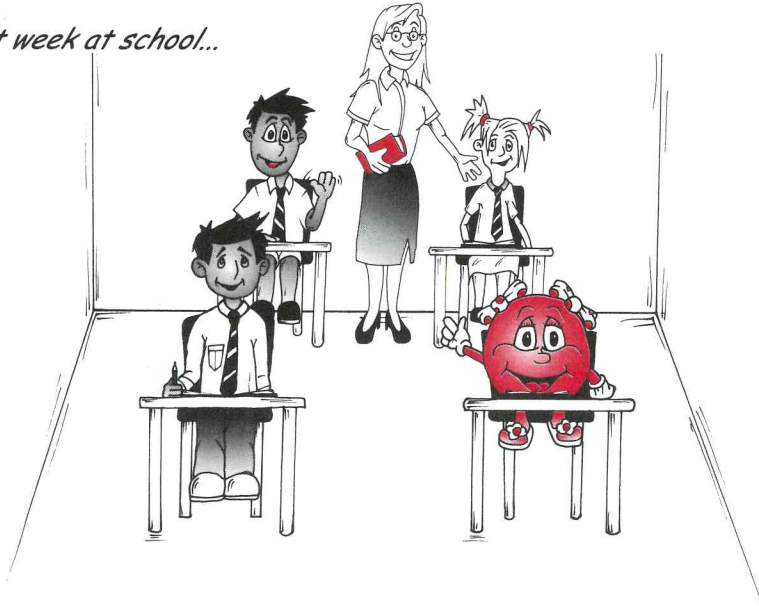
When Aaron wakes up the next day, the **Desferal** in the pump has removed the **extra iron** from Aaron, and he is feeling **well and healthy**. Aaron has his breakfast and then gets ready for school.



When we get to school we show our drawings to the teacher and all the class. Aaron also tells his class about his day at the hospital.

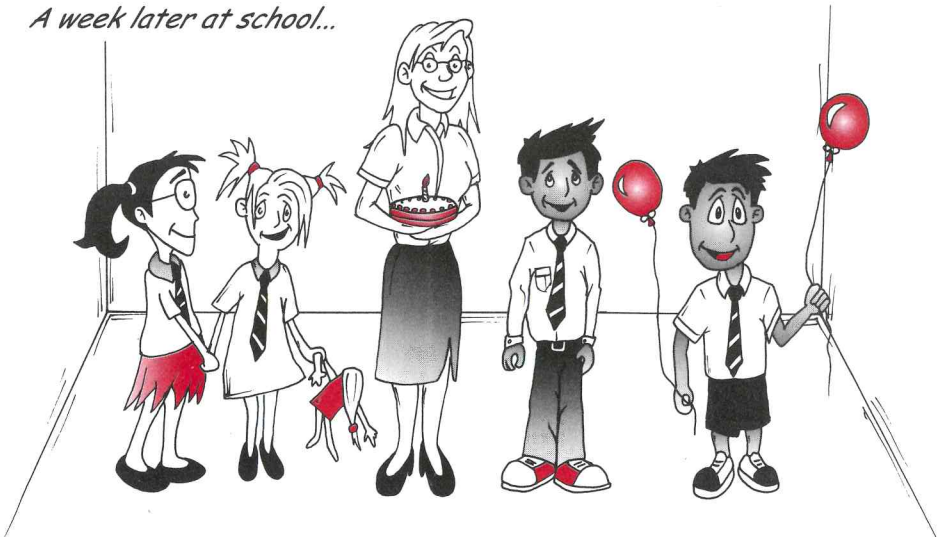
Aaron's teacher decides that the class can have a little party if they all pass their spelling test next week. So all week the children work very hard and they all pass their spelling test.

*That week at school...*



Everyone has lots of fun at the party, all the children have their faces painted just like Aaron and I did.

*A week later at school...*





# Aaron can lead a healthy life as long as he does the following:

I must go to the hospital for my blood transfusions every 4 weeks

I must use my pump at night to take the extra iron out of me.

I must take all medicines given by the doctor.

I must keep all hospital appointments.

I must eat healthy foods.



# TINY TINA'S WORD SEARCH

Can you find all of the words?

THALASSAEMIA  
HOSPITAL  
BLOODTEST  
HAEMOGLOBIN

TRANSFUSION  
MEDICINE  
DESFERAL  
PUMP

ANAEMIA  
IRON  
TRAIT  
HEALTHY

MAJOR  
AARON  
TINA  
DOCTOR

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| T | R | A | N | S | F | U | S | I | O | N | H |
| H | O | S | P | I | T | A | L | A | F | A | A |
| A | A | C | U | T | R | B | D | A | H | N | E |
| L | E | I | M | I | A | K | G | R | E | A | M |
| A | H | L | P | N | I | J | M | O | A | E | O |
| S | N | S | P | A | T | Q | V | N | L | M | G |
| S | B | L | O | O | D | T | E | S | T | I | L |
| A | R | T | I | R | O | N | O | U | H | A | O |
| E | W | M | A | J | O | R | Z | X | Y | A | B |
| M | E | D | I | C | I | N | E | B | J | E | I |
| I | D | O | C | T | O | R | Y | K | I | L | N |
| A | D | E | S | F | E | R | A | L | A | C | M |

**KEY WORDS:** CAN YOU REMEMBER WHY THESE WORDS ARE IMPORTANT TO TINA AND AARON?

THALASSAEMIA

BLOOD TRANSFUSION

HAEMOGLOBIN

BLOOD TEST

HOSPITAL

DESFERAL

PUMP

4 WEEKS

MEDICINES

HEALTHY

NURSE

SCHOOL

DOCTOR

TRAIT

IRON

MAJOR

TEACHER

PARTY

FACE PAINTING

We hope you enjoyed reading about Tiny Tina and Aaron.

If you have Thalassaemia, or you are a girl or boy who did not know what Thalassaemia is, we hope Tiny Tina's Activity Pack has helped you to understand.

We would like to know the names of all the children Tiny Tina's Activity Pack has helped.

In the spaces provided please write your name, age and the name of your school. If you like colouring in like Aaron, you can also colour in the picture.

**Please ask your Teacher to help you if you are not sure about what to do.**

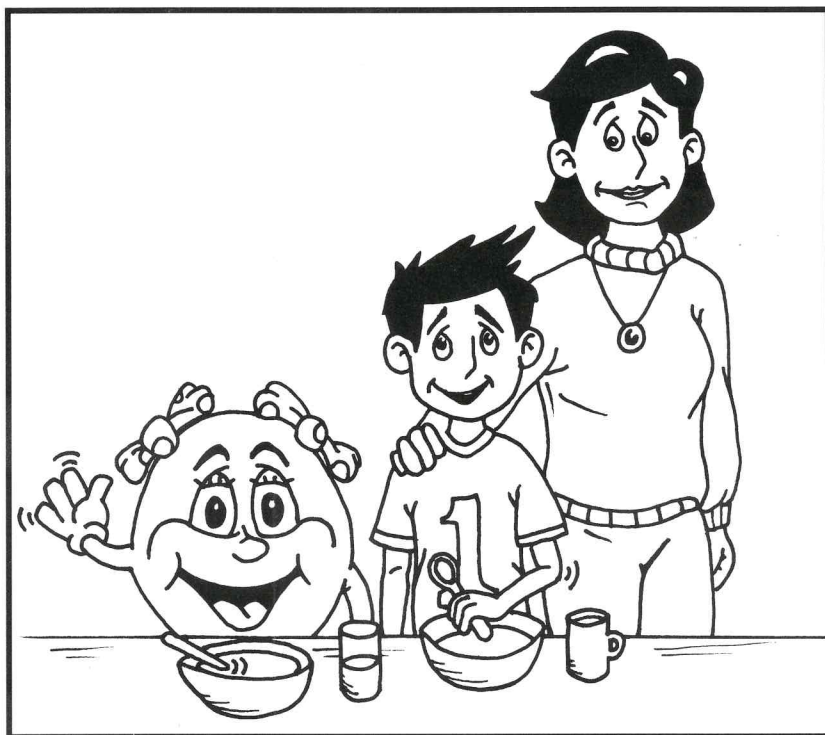
When you have finished, give the picture to your Teacher who can send it to us to display.

My name is .....

I am ..... years old

I go to ..... School

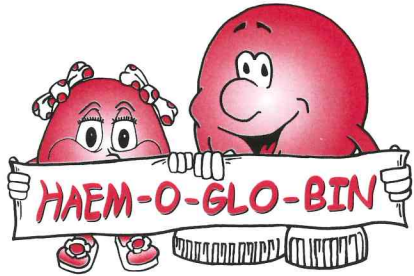
I have Tiny Tina's Activity Pack, which has helped me understand about Thalassaemia.





# Thalassaemia

2



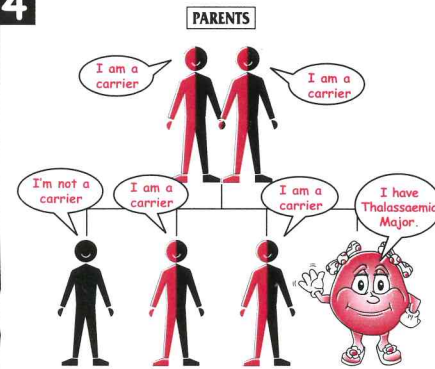
I am made up of "HAEM-O-GLO-BIN". When I do not have enough haemoglobin I become ill. This is called anaemia.

3



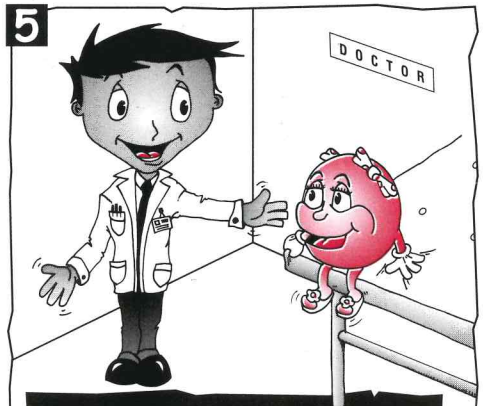
Thalassaemia Major is a blood disorder, which is passed down from your parents. This can happen to anyone around the world.

4



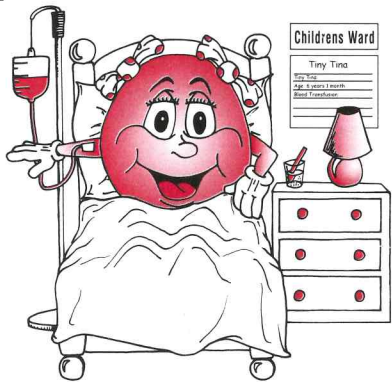
Both my parents carry Thalassaemia trait. My brothers and sisters have inherited only one Thalassaemia gene and are healthy carriers. I have inherited two Thalassaemia genes and I have Thalassaemia Major.

5



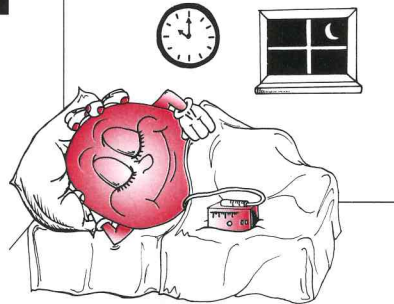
If you carry Thalassaemia trait you may never know you carry this, because this does not make you ill. To find out if you carry Thalassaemia trait all you need to do is ask your doctor for a special blood test.

6



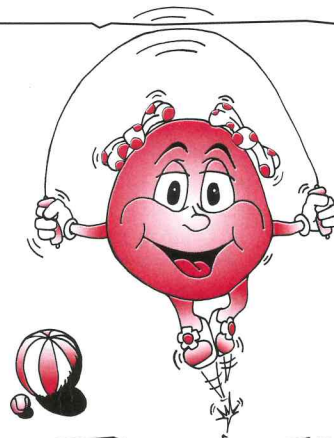
Every 4 weeks I need to go to hospital for a blood transfusion, this is so I can have fresh blood, which will help me to feel better.

7



The new blood contains a lot of iron which will stay inside my body. I need to get rid of this extra iron otherwise this may begin to make me feel ill. I have a special pump, which has medicine inside called Desferal. When I go to bed at night my parents will connect the pump to me, to remove the extra iron while I am sleeping.

8



In the morning when I wake up the medicine in the pump has taken the extra iron out. This makes me feel healthy and I can go to school and play with my friends.

9

Most of the time I am healthy and happy, but I need to do the following:

I must go to the hospital for my blood transfusions every 4 weeks.

I must use my pump at night to take the extra iron out of me.

I must take all medicines given by the doctor.

I must keep all hospital appointments.

I must eat healthy foods.

