

Desensitisation Program Data Sheet

(NB This is an example of what a data sheet *might* look like. To change this data sheet to suit other desensitisation programs the steps of the program would need to be changed).

Name of Client: _____ Trainer/s: _____

Desensitisation Program: What is a Blood Test?

	Steps to Program	Completed Step: Yes/No (Please Circle)	Date of Step Completed	Comments on Progress	Trainer/s (Please Name)
1	You go to the desk to tell them you have arrived	Yes No		_____	
2	You might have to sit and wait for a while	Yes No		_____	
3	You will walk into the collection room and be asked to sit in a collection chair	Yes No		_____	
4	The nurse will ask your name and when your birthday is and will tell you what will happen	Yes No		_____	
5	You will put your arm on the side of the chair with your hand facing up	Yes No		_____	
6	A cord is put around the top of your arm	Yes No		_____	
7	You may be asked to open and close your hand, to make a fist. Your arm will be cleaned with a cotton ball.	Yes No		_____	
8	A needle is put into your arm. It might hurt	Yes No		_____	
9	Blood will go into the tube	Yes No		_____	
10	The needle is taken out. It might hurt	Yes No		_____	
11	The cord will be taken off your arm	Yes No		_____	
12	A cotton ball is put on your arm with sticky tape	Yes No		_____	

Comments:
