

## Children's Orthopaedics



# The Little Journey App: Helping prepare for your Child's operation/scan

Coming to hospital can be a worrying and stressful time for any child and parent. The Little Journey App can help prepare your child for their operation or scan.

Little Journey is an interactive smartphone app that allows your child to take a virtual reality tour of the hospital. This will allow your child to see what their surgical journey will look like, all from the safety and comfort of their own home.

The app is available and free to download on the App Store and Google Play.

## The benefits of Little Journey

The Little Journey app allows children to do a virtual walk through of the hospital, seeing all the areas they will visit on the day of their operation or scan. This allows them to be better prepared and to know what to expect, which helps reduce fear and anxiety.

There are fun, age appropriate, child-friendly animations along the way to talk through what to expect at each stage and interactive games to play.

For parents, there are useful checklists of what to bring, and commonly asked questions about the hospital visit and surgery/scan.



## Patient Information

### How to set up Little Journey

Once you have installed the app, select the “Parent/Carer” option. Then, select University Hospitals Coventry and Warwickshire. Or scan the below QR code.



<https://www.littlejourney.health/qr-scan>

Choose the surgery pathway if your child is coming for surgery. Choose the relevant MRI scan pathway if they are coming for a scan. There are options for an awake scan, or for one under a general anaesthetic (whilst asleep).

Then, choose the appropriate age group for your child. 3 to 8 years will show cartoon animations, and 8+ which will be show more human-looking animations acting as staff, including doctors and nurses.

Next, you will have the option of inputting your details, your child’s date of birth and the date of your child’s operation if you know it. This is optional and will allow the app to send you reminders as the day of the procedure approaches. It is completely confidential, and none of your data is stored centrally as per General Data Protection Regulations (GDPR).

### How your child can use Little Journey

Your child can navigate and explore the journey they will follow on the day of their procedure. Some parents prefer to navigate this themselves first, so they can guide their child. Some like to explore it together.

## Patient Information

At each location in the journey, you can either select “2D” – if you are using a smartphone or tablet alone, or “3D” if you have access to a VR headset.

Your child can move around and see a 360-degree image of each area they will be on the day of their procedure such as:

- the ward
- the anaesthetic room
- the recovery area
- the MRI scanner

While they are exploring each room, animations will explain to them that they might see and feel on the day.

There is also a “relax” area where your child can practice breathing exercises to help keep them relaxed on the day.

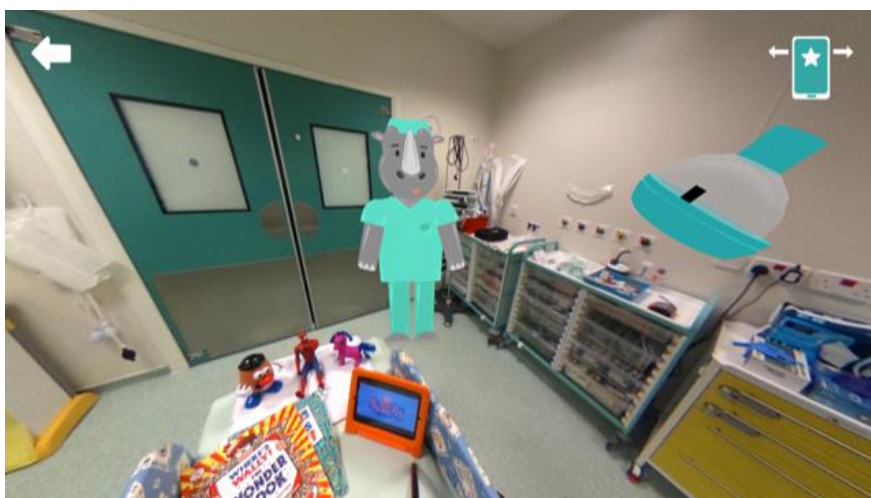


Image taken within the Trust

### **If you don't have a smart phone or VR headset**

We have a number of devices that you and your child can view the app on in the pre-operative assessment clinic if you are asked to attend one, or even on the day of surgery/scan.

## Patient Information

We also have printed out versions of the “Frequently asked questions” and “What to bring checklists.” Please contact us on 024 7696 7030 if you would like one.

## QR Code

Below is the relevant QR code that can be scanned to take you directly to links to download the app and then the UHCW hospital pathways.



<https://www.littlejourney.health/qr-scan>

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7030 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

## Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.



Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)

Document History	
Department:	Orthopaedics
Contact:	27030
Updated:	July 2024
Review:	July 2027
Version:	2
Reference:	HIC/LFT/2552/21