



Imaging Now & Next

Are medical examinations stressful for little patients?

Not anymore, with the help of Little Lucy!

To undergo an MRI scan can be a stressful experience for paediatric patients. The good news is that this doesn't have to be that way. Preparing the children for the upcoming scan is an important element to mitigate stress, fear, and anxiety. How? With a little help of the young patients' new best friend: Little Lucy.

Stress factors of paediatric patients undergoing an MRI scan

Before looking at how the stress of young patients who have to undergo an MRI scan can be reduced, let's first look at the factors causing the stress:

- Often, children experience stress before the MRI scan actually takes place. They are afraid of the **big machine** and of the **noise** it makes.
- Sometimes they are scared to lay in the **narrow space**.
- Also, having to lay still during the scan can be both **boring and fatiguing** for them.

All in all, enough factors that can cause the young patients stress and enough reason to find a way to reduce it.





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How to mitigate children's 'MRI scan stress'?

The above-mentioned stress factors can luckily be reduced. Not only by using the new(er) MRI systems, such as the [OASIS™ and APERTO Lucent Plus™](#), which, compared to the traditional MRI systems, are more open and silent, but also by preparing the children for what they can expect of the MRI scan. By playfully introducing them to all the steps involved in undergoing an MRI scan, the children will feel more comfortable and at ease. This is exactly the reason FUJIFILM Healthcare started Project Little Lucy.

Little Lucy helps children to be prepared for the MRI scan

Project Little Lucy is built around the illustrated story 'The great adventure of Little Lucy'. It is about a small bear who gets hurt and undergoes an MRI scan. In the story, Little Lucy bravely goes through her medical examination, just like real little patients. She learns how the examination takes place and intrigued, asks the doctors many questions about the device.

The book includes colouring pages and is accompanied by gadgets such as pencils, soft toys and a shirt, as well as with graphics for the walls and devices. While reading and playing, the children identify with Lucy's experience and will learn what they can expect. When the examination is over, the children leave with their 'Brave Patient's Diploma'. Everything to keep the little ones busy, make the wait in the waiting room more pleasant and to round off the examination on a positive note.

Learn more about stress-free MRI scans for paediatric patients

Like you, FUJIFILM Healthcare aims to mitigate stress in children that need to undergo an MRI scan. Don't we all want them to feel comfortable and safe in medical facilities? Learn more about Project Little Lucy and our paediatric MRI and other medical imaging systems [here](#).

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