

HOOS: Holding Off On Sedation



UVA Child Life's Non-Sedate MRI Program

The UVA Child Life Department's Non-Sedate MRI Program, "HOOS: Holding off on Sedation", empowers children and adolescents, ages 5-17-years-old, to successfully complete MRI scans without the need for sedation.

The HOOS MRI Program includes the following services provided by a Certified Child Life Specialist in UVA Health System's Radiology Department:

- Developmentally appropriate preparation and support on the day of the MRI, including exploration of medical equipment used to replicate what your child will see, feel, and hear during the MRI in order to enhance his/her predictability and promote optimal coping during the scan.
- An individualized coping plan – this many include watching a movie, listening to music, squeezing a stress ball, or bringing a comfort item from home.

One caregiver is permitted to stay with your child while the MRI scan is being completed.

If you are interested in having your child participate in the HOOS program, would like to learn more about the program, or have any questions or concerns, please contact the Department of Radiology's Certified Child Life Specialists – Savannah Sweatman, MS, CCLS and Landon Jones, CCLS.

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