



Color Me Healthy – Meet Your Care Team

A Coloring Book to Help You Get to Know Your Health Care Team!

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OSF Innovation, OSF STEAM

TOMORROW

PROBLEM TRYING TO SOLVE

- Children experience hospitals differently than adults, often viewing health care professionals from a unique perspective
- Some health care professionals may appear intimidating or scary to young patients
- Hospital stays can be overwhelming and sometimes tedious for children, making engaging activities essential for comfort and distraction to make time pass more quickly
- Providing children with interactive, hands-on activities helps reduce stress, boredom, and anxiety during their stay



A physician is a doctor who helps people feel better when they are sick or hurt. They check your body, listen to how you feel, and give medicine or treatment to make you healthy again.

OSF STEAM

OUTCOME/GOALS/IMPACT TO PATIENT

- Familiarizing children with the roles of health care team members can help reduce fear and anxiety
- A child-friendly introduction to hospital staff fosters comfort and confidence during their stay
- Combining education with play helps children build confidence and reduce anxiety about medical care
- A fun and educational activity, like a coloring book, makes learning about health care professionals engaging and non-intimidating
- A family-centered care approach which encourages both patients and their families to be educated in health care related topics including who they can expect to care for them while they are in our facilities

JOURNEY TO GET THERE/PLANNED JOURNEY

- Develop the overall concept and goals for the coloring book
- Identify key health care professionals to feature, focusing on those children are most likely to encounter
- Utilize AI to generate engaging and age-appropriate coloring pages that align with a 3rd-grade reading and coloring level
- Ensure inclusivity by working with translation services to provide materials in Spanish, French and other languages, making health care information accessible to all families.
- Collaborate with the Marketing team and other stakeholders to review and refine the content for accuracy and engagement
- Finalize and print the coloring books for distribution
- Partner with OSF HealthCare Children's Hospital of Illinois to coordinate an effective distribution plan across the Ministry

DIRECT IMPACT TO PATIENT/FAMILIES

- Introducing health care team members before interactions can help reduce fear and anxiety in young patients
- Reduced stress in children leads to a calmer and more positive hospital experience
- When children feel more at ease, their families and caregivers experience less stress and anxiety as well
- A relaxed and cooperative child allows the medical team to provide care more efficiently and effectively
- Improved patient experiences contribute to a more welcoming and child-friendly health care environment

