

For immediate release

How to Hold a Two Inch Needle and Still Make a Child Smile

An award-winning nurse cracks the code on deflecting the terror that children feel when facing scary and often painful medical procedures.

A nine-year-old boy in the emergency room was overly anxious about the intravenous line that needed to be inserted in his arm.

As a team of nurses huddled and discussed how best to do it, nurse Rob Luka quietly approached the boy and said, "Just a little pinch." The needle went in without a sound from the boy.

In his award-winning book, ***Helping Children Overcome Fear in a Medical Setting: A Guide for Healthcare Professionals***, Luka draws on his 30 years of nursing experience to tell parents and health professionals alike how to calm a child who is facing medical treatment.

Luka's methods are based in both science and spirit - the end must be medically successful, but the means to that end uses the tools of the heart and mind.

In each chapter, Luka breaks down the psychology of fear using parable and his own critically acclaimed methodology, showing how to:

***Experience* the joy of helping children transform their fear into cooperation.**

***Gain skills* to empower yourself and the frightened children you work with.**

***Recognize* the verbal and nonverbal cues children send as an opportunity to gain cooperation.**

***Enjoy* the appreciation parents, families, and physicians will extend to you by learning this system.**

Dedicated to helping all medical professionals find the playful, cooperative spirit in children in spite of the fear that can permeate a medical setting, ***Helping Children*** is the the first step to learning the art.

Praise for *Helping Children Overcome Fear in a Medical Setting*, award winning finalist, Health Medical Reference Category in USA BOOK NEWS!

"...A vital tool for those who deal with children in fear...a must-read for parents and caregivers, and for all those who set up the institutions of healing."

—Olson Huff, MD, American Academy of Pediatrics

"Anyone with children in their lives would benefit greatly from this book...it empowers each of us to...reach within ourselves and bring the children we work with into a positive experience."

—Cindy P. Spillers, MS, RD, CDE

About Rob Luka, RN, CDE, CHt:

Robert Luka received an RN degree from the Millard Fillmore School of Nursing in Buffalo, NY in 1977. He is actively involved in teaching newly diagnosed children with type 1 diabetes injection and blood testing skills. He speaks and consults to hospitals, nursing and healthcare organizations on how to effectively work with frightened children in a variety of medical settings.



Helping Children Overcome Fear in a Medical Setting:

A Guide for Healthcare Professionals

by Rob Luka, RN

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www.RobLuka.com

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