

Name: _____ Age: _____

Date of Birth: _____ Last four digits of social security number: _____

If you have use of a service animal, please list the dog and the service the dog provides.

You will need your Health Insurance card and driver's license or state photo id. You will also need to either be able to communicate your issues or someone present needs to be able to communicate your issues. A hard copy list of medications and allergies and who your primary care physician is would be very beneficial to paramedics and emergency room doctors and nurses.

In Hawaii my bus pass also had the words Service Animal on it. I had to go to the main bus terminal and give a copy of my dog's service animal certificate. There is a generic copy in my website. Your physician must sign it, not a veterinarian. An attorney in Honolulu approved the form I created. Not all service animals have to be professionally trained but must perform the task it is supposed to do. My dog was a seizure alert dog. However, with regards to a guide dog, a mobility dog, or a hearing-impaired dog, they must be professionally trained. There is a difference between a service animal and a therapy animal. Service animals can go anywhere with the person they are trained to protect and are considered always working when in public. Do not touch or talk to one. *It is a federal offense to harm a service animal. Service animals should wear a vest stating service animal which is always a dog.* A therapy animal's purpose is to give comfort. It is illegal for an establishment to ask to see your service dog's permit or documentation for why you need the service animal. That is a breach of confidentiality, it's part of your health records.

This will be separate lists. One list is your medications. Each medication should have the name of the doctor first, then list the medication or medications that doctor prescribed. If you have medications prescribed by different doctors, list those medications under the doctor's name who prescribed the medication. Include what kind of doctor each doctor is and what the medication is for.

Next is your allergy list. Include what medications you may be allergic to and the reaction to the medication. Then list environmental allergies such as house cleaning agents, grasses, trees, perfumes, etc. Then list your current diagnosis or diagnoses (health issues) and past health issues.

The next list is your contact list. Start with who should be called in case of an emergency, their name, address, phone number, and relationship to you. Then list each doctor you see complete with what kind of doctor they are, their address, and their office phone number.

Finally, make a list all surgeries you have had to include the date or at least the year. Then make a list of family members starting with your parents, then your siblings and note what illness or illnesses they had and whether living or deceased. If deceased, what did they die from. This helps doctors to know what illness you might contract.

Know your medicines. Saying you take a white pill does not tell anybody what the medication is. It would benefit you if you take a picture of all your medications and identify each one in the photo. Staple

it to your medication list. Include all OTC (over the counter supplements). Some supplements contain herbs or other ingredients that might interact negatively with prescription medications.

**Never identify your medications as a color or a shape. Identify your medications by name. Understand that different pharmaceutical companies use different shapes and colors for the same primary medication. The inactive ingredients usually are different. Those inactive ingredients can react differently in your body.* Example: woodchips are used in some medications and which type tree they come from is not known. Carnauba is used to coat some medications. It is plant based and not absorbed by the human body. It is also known as Brazil Wax and Palm Wax. In larger quantity it is used in floor and car wax. This is not a cause for concern unless you have an allergy to it.

It is very important to understand how a medication is to be taken, in the morning, before a meal, with a meal, after a meal, at bedtime, once a day, twice a day, three times a day, four times a day, for a certain number of days. Some medications have what is called a loading dose and will start by taking several tablets or capsules at a time for a certain number of days and titter down to a lesser amount for a certain number of days and then titter down to another lesser dose until all has been taken. It is imperative that antibiotics be taken as prescribed and for the number of days to be taken which is normally until it has all been taken.

If you do not fully understand how a medication is to be taken ask a nurse, ask your doctor, ask a family member who can explain it to you. Always clarify anything you are unsure of. It's your body which is your life. This also applies to any family member you may be taking care of or assisting in their care.

This is a list of different types of doctors, their specialties. Know what your doctor specializes in.

PCP (primary care doctor, sometimes can be a general practitioner; if you are diabetic it might be an internal medicine doctor. Your PCP might refer you to a specialist if necessary)

Cardiologist (two kinds of cardiac doctors - i.e. the heart or the electrophysiology of the heart)

ENT Ear Nose and Throat

Endocrinologist (endocrine system i.e. regarding insulin, the pituitary gland, the thyroid)

Gastroenterologist (digestive tract i.e. the stomach, the colon)

Geriatrics – illnesses and diseases that may occur in adults usually over the age of 60 or 65. Some internal medicine doctors also specialize in geriatrics.

Hospitalist – work primarily in the hospital setting either in the emergency room or the hospital setting; they do not have an office but communicate with your doctor. One may be an admitting doctor and the other may take care of you once you are hospitalized. You might not have the same doctor for your entire hospital stay. It depends on your length of stay in the hospital and which department you classify for. You might also have several different hospitalists or doctors depending on your diagnosis or diagnoses.

Internal medicine - Prevention, diagnosis, and treatment of adult diseases

Neurologist – Pertaining to the nervous system i.e. the brain and spinal cord; some specialize in memory problems

Oncologist – Cancer doctor; it does not mean you have cancer if you go to a cancer doctor. It can be preventative.

Ophthalmologists – Vision and disease of the eye, some are also eye surgeons, some specialize in cancer of the eye

Paramedic – These are the ambulance emergency personnel who take care of you in route to the emergency room. It is imperative they know your current medical history, medications and allergies. If you cannot tell then someone needs to be able to tell. That's why the importance of the hard copy (paper) information.

Pulmonary doctor - Primarily diseases or problems regarding the lungs, breathing and oxygen level

Urologist - Urinary tract i.e. the kidney and the bladder; your kidneys regulate your blood pressure

It is possible for most of this to apply to countries other than the USA.

At our house we have taped on a cabinet door over the toilets pictures of what bowel movements and urine is supposed to look like and what bowel movements and urine should not look like. This is to help identify irregularities and gives reason to seek a doctor. It's time to also include pictures of what cyanosis looks like. When the cabinet door is opened the photos are posted there.

Never keep prescription medicines in the bathroom because the moisture can damage medications. And always keep medications out of reach of children.

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