

Pair your MEDICATIONS form with your DIAGNOSIS & DOCTORS form (also available on www.deborahdawheffernan.com) to give clinicians a quick, 2-page case summary of your medical situation. They appreciate the help! These 2 documents will also make check-in easier for you. Simply hand them to clinicians, instead of filling out yet more medical questionnaires. I keep laminated, mini-versions in my wallet, as does my husband—a precaution that has saved my life a few times. To help guide you, the attached form contains examples from my medical history, which ceased being confidential long ago.

Tips for ensuring that your 2-page case summary is useful to doctors

- 1) Write concisely and clearly. Imagine a clinical team meeting you for the first time in the ER. They are stressed and trying to do the right thing quickly. So, when you write this document, think SKIM—can your life-saving team skim your summary to glean vital information quickly? Make sure your abbreviations are understandable to every reader, including clinicians for whom English is a second language.
- 2) Keep both your DIAGNOSIS & DOCTORS sheet and your MEDICATIONS sheet current and dated.
- 3) Each form should be one page, but do not use type smaller than 11 point, for readability.
- 4) Use bold type strategically to help an attending physician quickly locate information.
- 5) Because these 2 documents may become separated, repeat key identifying information at the top of each, as you see on my examples.
- 6) Diagnosis: list the most important current diagnosis. Before my heart transplant, I streamlined my diagnoses to “2 SCADs & 2 MIs (1997, 2006); V-tach; EF 15%.” Also include any non-cardiac diagnosis important to your care, like “diabetes” or “breast cancer.”

More suggestions for your MEDICATIONS sheet

1. The attached form is based on one Mass General gave to me. I enhanced it by clustering meds under labels expressing generally what they do. I recommend you do the same. My enhancement helped me learn about my medications and gave me more personal control.
2. Because medications and dosages change, leave dosages, timing, and dates *blank* on your master form. Keep your records in pencil.
3. If you are on a med temporarily, such as flu medication, or drink a tea regularly, update your form to include it. What we consume can affect our drugs, particularly blood thinners and transplant medications.

4. **Transplant patients:** Your meds supplier/insurer may try to move you to generics. Some meds, however, must stay as prescribed; for example, small differences in chemical composition can affect your immunosuppression protection. For this reason, list the manufacturer for your meds and keep your team informed of changes.
5. Behind my MEDICATIONS sheet in my MEDICAL NOTEBOOK, I keep a copy of the latest information sheet for each of my meds, which is always included with prescriptions. When I feel odd, I first check side-effects on these information sheets to help me prepare for a call to my clinicians.

Please continue to page 3 for your MEDICATIONS form.

in pencil: (updated __/__/__)

MEDICATIONS for (Your Full Name)

Emergency: (pager number) for Dr. (your cardiologist) @ (your hospital, city, state)

Diagnosis: HEART TRANSPLANT, 8/06 @ Massachusetts General Hospital, Boston

Birth: 00/00/00 **Blood Type:** Important! **Husband:** Jack Heffernan (000-000-0000)

Allergies: *List all! If you have allergies to meds, list both brand name and generic name.*

Rejection:	8-9 am	Afternoon	8-9 pm
1. Mycophenolate Mofetil (TEVA)	<i>in pencil</i>	<i>in pencil</i>	<i>in pencil</i>
2. Tacrolimus (Sandoz)			
Infection/inflammation:			
3. Mepron/Atovaquone (Amneal)			
4. Prednisone (Roxane)			
5. Clotrimazole (thrush, if needed)			
Acid reflux:			
6. Prilosec/Omeprazole			
Lipids:			
7. Lipitor/Atorvastatin (Greenstone)			
8. Co-Enzyme Q10 (for side-effects)			
9. Omega 3 / Fish Oil			
Bones & general:			
10. Calcium (Citrical w/vitamin D3)			
11. Vitamin D			
Blood pressure (ace inhibitor):			
12. Lisinopril			
Blood thinner:			
13. Baby aspirin			
Other:			
<i>Vitamins?</i>			
<i>Temporary med, antibiotic?</i>			

As needed: Diazepam (10 mg.) for biopsy prep; Amoxicillin for dental work

Teas consumed routinely: green, black, ginger, herbal (ex: camomile)