

My Important Health Information



Use of this document is endorsed and recommended as good practice by NHS Lothian – please see attached guidance notes



Name:

CHI NO:



D.O.B.:

Religion:



Address:

Tel No:



Emergency contact person:

Relationship:

Address:

Tel No:



Professionals I see

Contact Details



Allergies



My health history



My personal safety



How I like to take medicine and be examined



How to best communicate with me



How I like to eat and drink



Seeing/ hearing and touch



How I show pain



How I show anxiety / distress



How I walk and get around

Additional information

Completed by.....Date

Guidance notes for use

“My Important Health Information”

“My Important Health Information” is a support tool for people with a learning disability, their parents, carers and support staff to improve their health experiences by sharing essential, helpful, important health information with health staff when needed.

This document was developed collectively between NHS Lothian health staff, people with a learning disability, parents, carers and partners in social care.

NHS Lothian endorses and recommends use of this document as an example of good practice.

It is important that all information is collected in consultation with the person.

This is a helpful tool for someone who relies on their carer or parent to explain their wishes and care needs to health staff.

The person, their parent, carer, or guardian, are responsible for completing and updating the information in this document which should be taken with them when they attend any health appointment (e.g. Dentist, GP, Hospital)

The information **must be reviewed** on a minimum **6 monthly** basis and when **health circumstances change**. It is important that the person, key worker or main carers are involved with the review.