

Creating a Personal Health Record
(Also called a “Care Notebook” or an “All About Me” book)

Information to include (as applicable):

- Vaccination record
- Health care providers involved with contact information
- Medication lists, including:
 - Dosages, how often it is taken, and reason prescribed
 - Herbal and over-the-counter medications
 - Medication allergies, including the reaction
- Allergies
- Diagnoses with dates
- Diagnostic tests with dates, findings, and where the tests were performed
- Surgical procedures with dates, where performed, findings, and any complications
- Pharmacy(ies) with contact information
- Home care company and medical equipment & supplies
- List of hospitalizations with dates, what hospital(s), and reason for hospital stay
- Growth curve, height and weights, and diet information
- Insurance information (health, dental, vision) with contact numbers, including secondary insurance and/or other financial assistance programs

Resources for examples/templates:

- <http://www.medicalhomeinfo.org/CareNoteBook/> - From the American Academy of Pediatrics; has downloadable templates available in Word and Adobe format.
- <http://www.cincinnatichildrens.org/assets/0/78/1067/1395/1957/1959/578174fc-6872-4b7a-9a64-03a6ff6f88d5.pdf> - From Cincinnati Children’s Hospital Center for Infants and Children with Special Needs
- <http://cshcn.org/planning-record-keeping/care-notebook> - From Seattle Children’s Center for Children with Special Needs
- <http://www.medicalhomeportal.org/living-with-child/caring-for-children-with-chronic-conditions/managing-and-coordinating-care/care-notebook> - From Utah Family Voices, this care notebook incorporates forms from many other states.
- <http://www.maine.gov/dhhs/boh/cshn/documents/pdf/mhcn.pdf> - From the University of Maine and the Maine Family Advisory Council of the Children with Special Health Needs Program Maine Department of Human Services, Bureau of Health