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/](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](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](http://cshcn.org/planning-record-keeping/care-notebook) - From Seattle Children’s Center for Children with Special Needs


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