



[SOCIAL LEAGUE LOGO]

# **SMALL THINGS MATTER MY HEALTH PASSPORT**

## ***INTRODUCTION FOR DOCTORS***

Dear Doctor,

This letter is to introduce you to a new way of helping you and your patient get the most out of your consultation time. The patient 'passport' has been developed to help your patients with arthritis/rheumatism log medications, therapies and treatments they are receiving, including complementary therapies and non-prescription medicines, and record on a monthly basis any changes in their health status and ability to conduct activities. The passport also helps them prepare for their consultation with you, so they are able to provide you with focused information to help improve the quality of your consultation time.

As a starting point your patient will need to enter their current health status and a summary of medical information including treatments, test results etc. It would be extremely helpful if you, or a member of your team, could work with the patient to complete or check the medical notes to ensure the entries are complete and correct.

The patient will then complete a monthly record of any changes in their health, as well as effectiveness of treatments and dosing regimen and/or additional treatments or therapies and their effects. As you will be aware, many patients don't take their medicines as prescribed and/or take additional non-prescription medicines and/or supplements or herbal preparations. Some patients may feel reticent about telling you about how they take their medicines or about any other treatments they are taking, but this may be affecting their health outcomes. Encouraging your patients to tell you how they are taking their medications (or not) can help you to uncover and address their concerns.

The Passport also provides your patient with guidelines on how to prepare for the consultation. Some doctors are worried that if patients are encouraged to ask questions more time will be spent in consultation and patients will become more demanding, but the reverse has been found to be the case.

The passport has been developed by people with arthritis/rheumatism in cooperation with health professionals.

We hope you will find this initiative helpful to you in your practice and would value your comments. We thank you for your time.

With kind regards,

[NAME OF SOCIAL LEAGUE]

My Health Passport is a World Arthritis Day project supported by an educational grant from [WYETH / COUNTRY] as part of their Touchpoints programme

**Wyeth**

