



[SOCIAL LEAGUE LOGO]

# SMALL THINGS MATTER MY HEALTH PASSPORT

## GUIDANCE FOR USERS

We are very pleased you are interested in using **My Health Passport**. The passport has been developed by people with arthritis/rheumatism for people with arthritis/rheumatism to record their treatments and therapies and how these and other factors affect their daily lives. The aim of this record is to help you communicate better with your doctor and other health professionals so you can make the most of your consultations.

PARE (People with Arthritis/Rheumatism in Europe) Manifesto is working with [NAME OF SOCIAL LEAGUE] in [NAME OF COUNTRY] to run this project. If you would like to have more information on PARE Manifesto, please visit [www.paremanifesto.org](http://www.paremanifesto.org) or World Arthritis Day, [www.worldarthritisday.org](http://www.worldarthritisday.org) or [NAME OF SOCIAL LEAGUE / WEBSITE ADDRESS if applicable].

This introduction provides you with a **guide on how to complete your passport** and how to use it with your doctor.

As it is important your doctor understands the benefits of this record, you will find a **letter of explanation for your doctor** inside this information pack. The passport has been checked by medical experts to ensure it includes relevant information for your doctor.

### Where to start?

Your passport comes in two parts. The first part is a fixed part for information that will not change, this includes space for you to fill out your contact details and medical number and the contact details of your healthcare providers etc.

You will then find an introduction to the passport and explanation on how to fill in the diary section (the second part). This is followed by a section for you to fill in your medical history – this is a record of your condition from diagnosis.

You may want to ask your doctor or a member of his team to help you complete this.

### **Important!**

Please feel free to complete the sections of the passport that you consider most useful and relevant for discussions with your doctor. You don't need to fill in all the sections of the passport in one go - in fact, the sections can be completed gradually over time, whenever you feel that adding new information is important.

**If you come across any problems with completing the passport ask your doctor/other healthcare provider (e.g. nurse) for help!**

### **Diary section**

The second part of your passport is the diary section for you to complete on a monthly basis. This is for you to assess how you are physically and emotionally, how your health is impacting on your quality of life and how you are responding to treatments.

There is a space for you to enter any complementary therapies, herbal treatments or non-prescription medications you use, as well as those prescribed by your doctor for any short term conditions. This will also be useful to show your pharmacist.

Please also enter how and when you take your medications, even if you are not taking them exactly as your doctor recommended.

### **Preparing for your consultation**

Many people find they come out of their consultation and then remember what they wanted to ask the doctor! Your passport is designed to help you make the most of your consultation with your doctor or specialist. As well as having the information you have recorded in the diary section of your passport, you will also find a list of questions you *might* want to ask your doctor or other healthcare practitioner. Use this as a checklist and write out the questions you want to ask and points you want to raise before you go into your consultation. This will help to focus the time you spend with the doctor so you are both able to make better informed decisions about the management of your health.

### **Consultation notes**

At the end of the diary section you will find special pages for you to make notes in preparation for your next consultation. You can use your diary to remind you of any changes in your condition and the check list of questions to help you fill in your consultation notes.

This section of the passport also contains a space you can fill in during the consultation when you agree your goals and next steps with the doctor.

## What happens when my passport is full?

You will see that diary pages in My Health Passport cover a period of [INSERT NUMBER OF MONTHS] months. After you have filled these pages up please contact [INSERT CONTACTT DETAILS AS APPROPRIATE] so you will be provided with the clean copy of removable diary section of the passport

You can keep your completed passport as a record.

We hope you find the passport useful. We would value any feedback you can give us on your experience of using it and how it could be improved.

[NAME]

On behalf 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**

