

This is my health passport

This leaflet will help you to support me in an unfamiliar place

My name is:

➤ This document gives health staff important information about me.

➤ It needs to go beside my bed and a copy should be put in my notes.

This passport belongs to me.

Please return it when I am discharged.

- Please read my passport
- Consider the reasonable adjustments you need to make.
- Involve family and carers as they often know the person best.



Things you **must know** about me.

Things that are **important** to me

My **likes** and **dislikes**

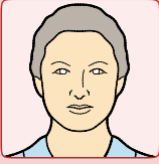
Mental Capacity Act 2005. Please do not assume that I do not have mental capacity. The following people must be involved in any decisions made in my best interests. Please be aware of any advanced decision Lasting Power of Attorney, Court of Protection

Name

Relationship

Contact details

Things you must know about me.



My name:

I like to be known as:



NHS

number:

Date of

birth:



My address and

Telephone number

I live:

with family

in supported living

in a residential home

on my own

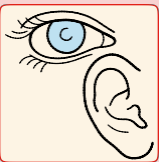
in a nursing home

How I communicate and how to communicate with me:



What languages I speak:

Seeing/hearing (my sight or hearing needs):



Things you must know about me.



My family contact person:

Relationship – e.g mother, father:



Address

Telephone number:



Other support:

Relationship – e.g. support worker, home manager:



Company address:

Telephone number:



Name of person/people you need to contact on discharge:

Relationship:

Telephone number:

Address:



Religion and religious/spiritual needs:

Ethnicity

Things you must know about me.



GP:

Address



Telephone number:

Other services/professionals– e.g social workers, nurses etc:

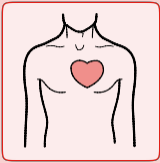


My allergies:

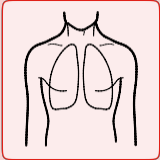


My medical history:

Things you must know about me.



My heart / breathing problems:



My risk of choking (eating, drinking and or swallowing problems):



How I take my medication – bring in most recent medication list:

- whole tablets
- crushed
- injections
- syrup

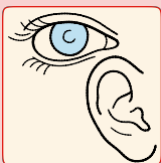
other

How to take my blood, give injections, give medication, take my blood pressure, etc:

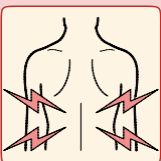
Things you must know about me.



What makes me anxious or afraid (risks to me and others). How you can support me:



My sensory reactions and how you can help (under/over sensitive to light, noise, touch, smell, taste):

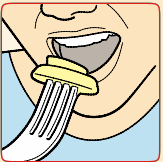


How you know I am in pain:

Things that are important to me



Help I need with personal care (dressing, washing, etc):



How I eat and I drink (help I need, PEG, food cut up, pureed, risk of choking, drink small amounts, thickened fluids, bring in eating and drinking guidelines):



How I use the toilet (aids, help to get to toilet):

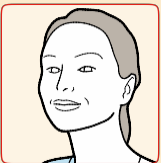
Things that are important to me



How I move around (my position in bed, walking aids, use of hoist):



My sleep routine (sleep pattern/ equipment):



How I keep safe (bed rails, risk of falls, wandering, can I call for help):

My likes and dislikes

Likes:

for example – what makes me happy, things I like to do, such as watching TV, reading, music, routines.

Dislikes:

for example – do not shout, food I do not like, physical touch.

Things I like



Please do this.

Things I do not like



Please do not do this.

You can add any information you think we need to know; it might include:

- what help your family member or carer may want to give when in hospital (help eating, drinking, personal care,
- more information on how we support you. Any other reasonable adjustments to care that we may need to make you ensure you are safe and get the best care.

Patient Advice and Liaison Service (PALS)

PALS can provide information and support to patients and carers and will listen to your concerns, suggestions and queries. The service is available between 9am and 5pm.

Telephone: 0208 510 7315

Textphone: 07584 445 400

Email: huh-tr.pals.service@nhs.net

This passport was completed by

Date

This hospital passport was developed by Homerton University Hospital NHS Foundation Trust and is based on original work by St George's Healthcare NHS Trust, Barts Health and Basildon and Thurrock University Hospitals NHS Foundation Trust.

We would also like to thank POhWER for their support in producing this hospital passport.