

Creating Your Personal Medical Profile

By Laz Bouros

One of the really great communications tools that patients can use to inform their physicians about their condition is a Personal Medical Profile. It's a one-page medical document that lists basic contact information as well as your medical information. Whether you have an appointment with your existing physician or a new doctor, take a printed copy of your medical profile with you and it instantly answers most of your physician's questions. My standard approach is to take two copies of my appointment agenda, minutes of my last visit and an updated copy of my medical profile. Recently, I signed up for the MyChart application (see our website at Thyroid.ca) which allows me online access to my blood and other tests I have taken. I now review the blood tests to ensure that the results are within the range before my appointment and print off a copy to take with me. Any questions or concerns are added to the rest of my questions in my agenda. This streamlines the whole process and ensures that all important issues are discussed within the allotted time of the visit.

You can use a variety of software to create this profile. I use an MS Word Table(see below) and over the years, I have found it to be easy to update and maintain separate dated versions. I also keep an electronic copy of this profile on my cell phone just in case I don't have a printed copy with me.

MEDICAL PROFILE	
Name	(Enter your full name)
Address	(Enter your complete address)
Telephone/E-Mail	(Enter your telephone numbers and email)
Date of Birth	(Enter your date of birth)
Place of Birth	(Enter your place of birth)
Marital Status	(Enter your marital status)
Provincial Health Card	(Enter your provincial health card number)
Medical Condition	(List your medical conditions)
Medical History	(List all major medical events, including all surgeries with dates, reasons and dates you were hospitalized, and major medical tests)
Current Medication	(List all medications and frequency, e.g. 0.125 mg Synthroid – daily)
Blood Type	(Enter your blood type, if known)
Allergies	(List any known allergies)
Immunization	(List all your immunizations with dates)
Risk Factors	(List any risk factors, e.g. smoking)
Emergency Procedures	(Enter any special procedures during an emergency)
Family History	(List any deceased members of your family and the cause of their death)
Occupation	(Enter your occupation)
Family Doctor	(Enter the name, address and telephone of your family doctor)

(Profile updated on February 20, 2018)

A copy of this template is available at http://www.thyroid.ca/educational_material.php under Other Publications.