

My health summary

For A&E, hospital admission, new care team

Last updated: ____/____/____



1 About me

Full name

Date of birth

NHS number

Alerts: ☐ Blood thinners ☐ Insulin ☐ Steroids ☐ Epilepsy ☐ Cancer ☐ Pacemaker ☐ Pregnant ☐ Immunosuppressed

2 My conditions

Condition	Year diagnosed

Condition (cont'd)	Year diagnosed

3 My medications

Medication (incl. shop-bought & supplements)	Dose	How often	What it's for

4 Allergies

Allergy	Reaction

5 Past hospital stays incl. operations

Reason / operation	Year

6 My care team

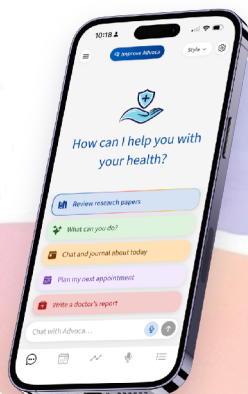
Role (e.g. GP)	Name & contact

7 Emergency contact

Name (next of kin)

Relationship

Phone



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