

Don't Forget to Get Your Medical Emergency Information on Paper

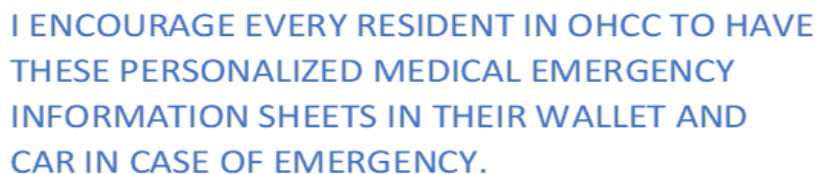

by Ken Krueger

OHCC Swim Surf and Wellness Club Member

I recently was called by a neighbor to help with his wife, who had fallen. I immediately went to help, but sadly we ended up having to call 9-1-1. The paramedics asked him what her medications and problems were. He could not remember all of them. He ended up having to go get them.

After everything was over, I showed him a small piece of paper that my wife and I have **in our wallets and car** in case of emergency. I also recommend that he have this information printed and ready to hand to a doctor, who he or his wife may be seeing for the first time. My wife and I have all our information collected on **the same paper**. See the example of this medical information paper, below, as a model. I recommend that everyone fill one out as completely as possible.

My neighbor could have just handed one to the paramedic and not worried about forgetting anything in the heat of the stressful moment.



I ENCOURAGE EVERY RESIDENT IN OHCC TO HAVE
THESE PERSONALIZED MEDICAL EMERGENCY
INFORMATION SHEETS IN THEIR WALLET AND
CAR IN CASE OF EMERGENCY.

I also recommend that everyone fill out for each person in the house and place the completed paper in an envelope, and tack it on the side of your refrigerator for Emergency Medical Services who know where to look for it.

A Sample Completed Medical Information Paper for a Couple

Note: The healthiest should be the second person listed obviously. Just hand this to your new MD or the paramedic in an emergency.

Patricia Sweety 01-22-1944 **Medications as of July 2020** Dr. Joe Goodfellow 760-555-5555; **Emergency Contact:** spouse Ken Schwimman 818-555-555; **Insurance:** Medicare #3BB3-BB3-BB33, Anthem Blue Cross XXX123X12345; **No Allergies**

Rx: Losartan Potassium 50 mg. 2/day Heart; Synthroid: 125 mcg. /day Thyroid; Zolpidem-Ambien 10 mg. sleep; Aspirin 81 mg./day **Conditions:** High Blood Pressure, Thyroidectomy; R. Knee Replacement '11; Stroke '12; R. Ankle compound fracture dislocate screws & pin + plastic surgery '06

Ken Schwimmen 11-22-1933 Dr. Laura Goodhands 760-555-5555 **Emergency Contact:** spouse Patricia Sweety 310-555-555 **Insurance:** Medicare XXX456-AA4-CC55, UHC 123XX4567XX; **Blood Type:** A+ **Allergies:** Shellfish, peanuts

Rx: Levothyroxine 50mcg. .5 hr. before food Thyroid; Acyclovir 400mg., 3/day as needed Herpes; **Conditions:** Herpes Simplex & Zoster, Low Thyroid; R. Ankle surgery '89; R. shoulder '17

Ken