

## **PERSONAL HEALTH RECORD**

### **WHAT IS A PERSONAL HEALTH RECORD?**

A personal health record is simply a collection of information about your health.

Personal health records are not the same as electronic health records, which are owned and operated by doctors' offices, hospitals or rehab centres like ABI Rehabilitation. There are, however, a growing number of GP's using Personal Health Records. This allows you to access specific sections of your health record and print the records at any time. We encourage you to check with your doctor to find out whether you can access this information from their system.

### **WHAT INFORMATION GOES INTO A PERSONAL HEALTH RECORD?**

You decide what you put in your personal health record. The record can help you; your health care professionals and emergency services look after your health and well being. The record can include anything about your health including:

- your name and phone number and that of your emergency contact,
- information surrounding your brain injury and medical history,
- major surgeries, with dates,
- your mobility, thinking ability, communication skills and care needs,
- your medications, including dosages and time to take
- your local hospital, pharmacy and GP contacts,
- if you have any advance directives such as Welfare guardian, living will etc.,
- allergies, including drug allergies,
- chronic health problems, such as diabetes,
- immunisation history including influenza,
- equipment and devices you may need to use.

### **WHAT ARE THE BENEFITS OF A PERSONAL HEALTH RECORD?**

Having a personal health record can be a lifesaver, literally. In an emergency you or your family can quickly give emergency personnel vital health information and how to contact your emergency contact person or GP. It can also be used when meeting with other health care providers that may be involved with your care.

### **HOW DO I GET A PERSONAL HEALTH RECORD?**

There are many versions of this available. ABI Rehabilitation has developed a pocket sized paper version that is suitable for people following a brain injury (please ask if you would like a copy). There are, however, electron options available to you that will enable improved information updating. We recommend you check with your GP to see if they have a preferred option.

Potential options include free apps such as Onpatient PHR or Clarus PHR lite or websites such as [www.hdc.org.nz/about-us/disability/health-passport/download-your-health-passport](http://www.hdc.org.nz/about-us/disability/health-passport/download-your-health-passport) or [www.sharecareplan.co.nz](http://www.sharecareplan.co.nz)