

Transition Care: Portable Medical Documents

A portable medical document is a summary of a patient's medical history and may include medications, allergies, past hospitalizations, surgeries, laboratory tests and radiology studies. It is important to know about your medical problems – especially if you are about to transition to a new physician. A portable medical document is a document that you can carry with you to physicians' visits as well as to ER visits or hospital stays. Your portable medical record may be on paper or electronic. It will help a new provider learn about you and your medical conditions efficiently.

What are the parts of a portable medical document?

- Basic information:
 1. Name, date of birth, address, phone number.
 2. Guardian, emergency contact.
 3. Primary care physician, address, phone number.
 4. Insurance.
 - Includes insurance type and policy number
- Health conditions:
 1. Name of your conditions and brief summary of your conditions.
 2. Health care providers who help to care for these conditions – for example, a cardiologist may help care for a heart problem.
 3. Past hospitalizations and surgeries.
 4. Current medication list
 - Includes medication name, dosage and how often medication is taken throughout the day.
 - May include past medications and why you stopped them
 5. Current allergies.
 6. Immunization history.
 7. Recent laboratory values.
 8. Recent imaging studies.
- Services:
 1. Assessment of cognitive and physical disabilities.
 2. Services (for example, PT/OT) and where you are receiving them.
- Transition specific issues: as you get closer to adulthood, you will want to identify adult health care providers. If you have identified them, you should include them in your portable medical summary
- Your medical summary may also include hospital discharge summaries, surgical reports, consult evaluations (for example, most recent PT evaluation, cardiology evaluation) as well as laboratory and imaging tests.

A portable medical document is an abbreviated record that will help a new physician get to know you and your medical problems.

Helpful examples can be found in the following websites:

Free online records:

<http://www.google.com/intl/en-US/health/about/>

<http://www.healthvault.com/personal/index.aspx>

Online examples:

<http://www.syntiro.org/hrtw/tools/pdfs/HRTW-TOOL-Template-Portable-Medical-Summary-July-2007.pdf>

http://www.medicalhomeinfo.org/for_families/care_notebook/care_notebook.aspx

http://www.syntiro.org/hrtw/tools/pdfs/CP6SHC_Transition_Summary.pdf