



SPECTROM

## This Yellow Passport belongs to

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This yellow book aims to inform health care professional and other people about my preferences and medicines I am taking. **This does not replace any health passport I may have. You need to look at my health passport and yellow book.**

Please gain my consent before looking at my passport.

Please remember in line with Mental Capacity Act (2005), you need to receive my consent for any treatments or before making any decisions in my best interest.

Date this passport was completed:

This passport should be updated if anything changes.

## What is this yellow passport for?

This yellow passport will help you or your families and care staff:

- Record your preferences and medicine information
- Understand the side effects of taking medicines
- Record test results
- Monitor your health
- Find more information about your medicines.

## What should I do with this passport?

- Read the information.
- Use the section at the back to keep a record of your health checks, so you can be involved in looking after yourself.
- Take it with you each time you see a doctor or other member of the team about your health.

## What do I need to know about my medicines?

Your doctor should tell you about your medicine and how it can help you when they prescribe it. They should tell you:

- About your illness and why they are prescribing you this medicine.
- How to take your medicine.
- What the medicine does.
- What side effects you might get and what you can do about them.
- What checks might need to be done to make sure you stay healthy.
- How long you might be taking this medicine for.
- What might happen in the future.

# Information about me

## Your information



Name:

Date of Birth:



Address:



Home telephone:

Mobile telephone:

## Your family or carer(s)



Name:

Home telephone:

Mobile telephone:

Name:

Home telephone:

Mobile telephone:

### Your Primary Care Liaison Nurse



Name of Nurse:

Address (Hospital/Clinic):

Telephone number:

Email address:

### Your Primary Care Liaison Nurse



Name of GP surgery:

GP's Address:

GP's telephone number:

NHS number:



Pharmacist's name:

Pharmacist's details:

### Any other information about me

# My Support Needs

I need help with:

How you can support me

Speaking

Hearing

Seeing

Understanding

Eating/Drinking

Taking  
medicines

Personal Care

Any Other

# My personal Information

## Communicate aids



E.g. Makaton, photos etc.

## My sensory information



E.g. light, noise, crowdedness

## My Likes



E.g. preferences – for food, activities etc.

## My Dislikes



## How I communicate to others

### Pain



### Emotions



E.g. sadness, anger etc.

Use this space to expand on any of the information in this section

# My Medical Information

## Illnesses

E.g. epilepsy or diabetes

## Allergies

## My mental health

## My physical health

E.g. breathing, back, hearing, sight, swallowing problems etc.



## Commonly prescribed anti-psychotic medicine

Ask a carer or family member to help you by looking on the medication boxes or ask a pharmacist to help you. Tick the medicines you currently take and write the dose of medicines and date they were reviewed.

	Tick	Dose & Time taken	Date reviewed
Amisulpride			
Aripiprazole			
Chlopromazine			
Fentixol			
Fluphenazine			
Haloperidol			
Lurasidone			
Olanzapine			
Paliperidone			
Quetiapine			

Risperidone

Zuclopenthixol


## Commonly prescribed anti-epileptic medicine

	Tick	Dose & Time taken	Date reviewed
Carbamazepine			
Clobazam			
Clonazepam			
Eslicarbazepine Acetate			
Ethosuximide			
Gabapentin			
Lacosamide			
Lamotrigine			
Levetiracetam			

Oxcarbazepine

Perampanel

Phenobarbital

Phenytoin

Pregabalin

Primidone

Retigabine

Rufinamide

Sodium Valproate

Tiagabine

Vigbatrin

Zonisamide

## Commonly prescribed antidepressants

	Tick	Dose & Time taken	Date reviewed
Citalopram			
Escitalopram			
Fluoxetine			
Fluvoxamine			
Mirtazapine			
Paroxetine			
Sertraline			
Venlafaxine			

## Any other medicines I am taking

# GP Appointment Tracker

Write down the date, reason of GP visit and outcome in the form of action plan. Tick the completed box once the action has been complete. Book subsequent appointments if necessary.

Date	Health Issue	Action Plans	Completed


# Types of medicines

**Always take your medicine as directed in the medicine packet.**

## Liquids or sachets



- Liquids medicine comes in a bottle or sachets.
- Bottle medicine needs to be poured from the bottle and measured.
- The sachets have the right amount for you. Pour the sachet in your mouth.

## Inhaler



- Inhaler is a medicine you breathe in.
- Remove the cap and put the inhaler in your mouth.
- Breathe in from your mouth for 2 to 3 seconds.
- Remove the inhaler and breathe out.

## Ointment



- Ointment is a cream in a tube.
- Ointment should be applied equally to the affected areas.

## Tablets



- Tablets, capsules or pills should be taken with water.

## Patches



- You should stick the patch on your skin.
- The medicine goes into your body through your skin.

## Injections



- Needles can be used to put medicine in to your body. This is called an Injection or jab.
- Your doctor or nurse will give you your injection.



## Possible side-effects

We have listed some possible side effects below. Don't be too worried about them. You may not have side effects but it is useful to know about them just in case. If you think you have side effects, tell your parents, care staff or your doctor. Do not stop taking the medicine suddenly. They might have some good ideas to help you, and find the treatment that suits you best.

### Putting on weight



You may feel more hungry or thirsty than usual or you may not feel full after you have eaten.

- Don't be worried about asking for advice about what sort of foods you should eat and how much.
- Eat a healthy diet - try to have plenty of fruit, salad and vegetables. Eat fewer crisps and snack foods. There are lots of ideas for tasty healthy food and snacks at: [www.nhs.uk/LiveWell/GoodFood](http://www.nhs.uk/LiveWell/GoodFood).
- Remember that fizzy drinks and fruit juice contain calories; if you feel thirsty consider having some water or a low- sugar drink.
- Exercise - Try to be more active and play some sports. You can go for a run, go to the gym, kick a ball around or just use your Wii. What about joining a dance class or going swimming?
- Talk to your family, doctor or someone in your team, they may have some good ideas.

### Movement



Your body might feel uncomfortable; you might feel restless, stiff or a bit shaky.

- If it is a problem, your doctor may reduce the amount of medicine you have, or prescribe something else to help.

## Sleepiness



You feel tired, sleep a lot during the day and find it hard to concentrate.

- Eating well, being active and going out might help you feel more alert. The sleepiness may wear off after a little while, but if not, talk to your doctor or someone in the team. They might be able to help.

## Other side-effects you might

Dry mouth, blurred vision and constipation.

## Other side-effects on your body

Other effects on your body: Increased blood glucose, fats and prolactin (a hormone in your blood). Your doctor will keep an eye on these and talk to you if they change very much.

## What else can I do?



There are lots of things you can do to look after yourself so side effects aren't such a problem. You can eat well on healthy food, and walk around the shops for a bit of exercise. Ask your family and friends to join you if you'd rather not do these things on your own.

You might want to look online for more information, advice and good ideas from other people who have had the same experience. Later in this booklet we can tell you some good places to start looking for this, because sometimes advice on the internet might not be very helpful or accurate.

# Information on physical health checks

## About physical health checks

In England there is a framework called annual health checks to help you keep safe. Many doctors think it is a good idea to check for side effects once every 6 months or so. Your doctor may want to check more frequently when you are just starting to take a new medicine, or changing or stopping your medicines.

You will be able to feel and tell your parents or doctor about some side effects, but some need tests to see if they affect you. There are two ways your doctor might do tests to make sure you are healthy: things to monitor, and things that need a blood test.

## Examples of things to monitor:

### Weight



Your doctor should weigh you and measure your height. The doctor will be checking if the medicine is making you put on more weight than you would otherwise.

### Blood pressure



A Velcro arm band is put around your arm and filled with air to measure BP. This is done because sometimes your BP can get low, which might make you feel lightheaded or dizzy when you stand up.

## Movement problems

Your doctor might ask you questions about the way your body feels because the medicine can affect your muscles. If you have been feeling restless, stiff or a bit shaky or having muscle spasms, please mention it, even if you don't think it is very important.

## Examples of blood tests

Blood tests are not as scary as you might think. The doctor only needs to take a tiny bit of blood from your arm, and can use the same blood for all of the tests. Don't worry, it is over quickly.

## Glucose

Glucose is a sugar in your blood, which gives you energy. Some of it comes from the food you eat. For some people, the medicine affects the amount of glucose in the blood so your doctor will want to check your glucose levels.

## Fats

Fats (lipids): Cholesterol is one of the lipid in your blood. The medicine may affect lipids for some people, and your doctor can check your levels by testing your blood.

## Prolactin

Prolactin is a natural hormone which we all have in our bodies. The medicine can sometimes make you have more prolactin than normal. If your levels of prolactin are too high it might make your breasts bigger. For girls, a change in prolactin can mean you get your period less often, or not at all. If you notice that your periods are different, please let your doctor know when you see them.

## Liver function

Most medicines tend to be processed in the liver. Thus it is important to make sure the liver is working well.

## Full Blood Count

This is a check on your blood cells. If there are problems it can cause you tiredness or weakness.

If you notice any changes, speak to your doctor and they might be able to change your medicine so you don't get that side effect.

You can ask your doctor if you want to know more about the checks you are having.

## Physical Health Check Record

Many doctors think it is a good idea to check for side effects once every 6 months.

Your doctor may want to check more frequently when you are just starting to take a new medicine or changing or stopping your medicines. Tick the box if the check is OK, otherwise write down the problem.

Ask your doctor if you want to know more about the checks you are having.

There is a space below this record to note any problems, and what you and your doctor are going to do about them.

You can also use **Health Action Plan toolkit** developed by *The Clear Communication People Ltd* in partnership with *Surrey & Borders Partnership NHS Foundation Trust* to record physical health checks. Click here for [male](#) and [female](#).

**Self-Monitoring:** These are things you can monitor yourself. You can take the information to the GP with you.

	Test date	Result	Test date	Result	Test date	Result	Test date	Result	Test date	Result
Weight										
Blood pressure										
Movement problems										

Notes

**Blood tests** - book an appointment with your doctor every 6 months.

	Test date	Result	Test date	Result	Test date	Result	Test date	Result	Test date	Result
Full blood count										
Thyroid function										
Liver function										
Glycalated Haemoglobin / Serum Glucose										
Cholesterol / Lipid Profile										
Optional blood tests dependent on medication.										
Prolactin										
Bone Profile										
ECG										

Notes

## What we're going to do

This section is to fill in your response to any problems encountered such as not wanting to attend or any test results where action is required. See example:

Date	Problem	Action
E.g. 01/10/2016	Too nervous to have bloods taken.	Assess ability give informed consent and mental capacity. If lacking - hold a best interest meeting to decide how and when it needs to happen find the least restrictive practices.



Date	Problem	Action

## Useful resources

### About Medicines:

- NICE Guidelines [www.nice.org.uk](http://www.nice.org.uk)
- Patient.info <https://patient.info/medicine>
- Easy read leaflets on medication.  
<http://www.birmingham.ac.uk/research/activity/ld-medication-guide/downloads/medicine-information.aspx>  
[www.imperialspectrom.wixsite.com](http://www.imperialspectrom.wixsite.com)
- Information about mental health conditions and medications used. [www.choiceandmedication.org/cnw1](http://www.choiceandmedication.org/cnw1)
- BNF – has information on all medicines  
<https://bnf.nice.org.uk/drug/>
- Call NHS 111 – they offer help and advice on medicines.

### About food:

- Healthy Eating  
<http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx>
- Healthy eating easy read leaflets  
<http://www.easyhealth.org.uk/>

### General Information:

- Information about healthy living.  
<http://nhs.uk/Livewell/fitness/Pages/Fitnesshome.aspx>
- Cornwall Partnership NHS Foundation Trust  
[www.cornwallft.nhs.uk](http://www.cornwallft.nhs.uk)
- SPECTROM project <https://spectrom.wixsite.com/project>
- Easy read side effects information  
<https://www.nhsdirect.wales.nhs.uk/easyreads/default.aspx>
- Royal College of Psychiatry [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)
- Epilepsy Action [www.epilepsy.org.uk](http://www.epilepsy.org.uk)
- Easy Health, Easy read information about epilepsy  
[www.easyhealth.org.uk/listing/epilepsy-\(leaflets\)](http://www.easyhealth.org.uk/listing/epilepsy-(leaflets))
- Easy Health, Easy read information [www.easyhealth.org.uk](http://www.easyhealth.org.uk)
- Improving Health and Lives  
[www.improvinghealthandlives.org.uk](http://www.improvinghealthandlives.org.uk)