

Key healthcare skills log

Healthcare skills	I'm on top of this	I need to work on this	Date achieved
My medical condition			
<p>I am able to describe my condition</p> <p>I am able to describe my diagnosis and treatments</p> <p>I am aware of any allergies I have and how to manage them</p> <p>I have a personal health record (paper or electronic)</p> <p>I am able to prepare questions for health professionals</p> <p>I can respond to questions from health professionals</p> <p>I know my weight and height</p> <p>I keep a diary of all my appointments and know how to reschedule them when necessary</p>			
Medications and treatments			
<p>I know my medications, what they're for and if there are any side effects</p> <p>I am responsible for my own medical supplies, including ordering and payment</p> <p>I can get a prescription refilled and am responsible for taking my own medications</p> <p>I am responsible for my own treatment needs including arranging any payment</p>			
Getting help			
<p>I know when to seek medical help, including in an emergency</p> <p>I know who to contact for medical treatment advice including medical emergencies or out of hours</p> <p>I have my own NHS card</p> <p>I know the purpose of and how to use my medical alert bracelet (if appropriate)</p>			
Support			
<p>I know who my personal supports are</p> <p>I have details of peer support groups</p> <p>I know how to make contact with appropriate educational or vocational support programs</p>			

Wellbeing

I know what restrictions I have on physical/recreational activities

I know the benefits of looking after myself properly

I know how drugs/alcohol will affect my condition

I know where to get information about sexual health

