

Name:

Emergency Contact:

Date:

Medical Information for Emergency and Hospital Visits

To Do:

- Make two copies** of this form and file for future use.
 - Medication List:** Make copies of your medication list to give to your nurses and doctors. Remember to update this each time your medicines are changed.
 - Complete advanced directives (see end of worksheet)**
-

Medical Conditions (Check all that apply):

- Parkinson's
- Diabetes
- Heart Disease
- Cancer
- Blood problems
- High blood pressure
- Low Blood Pressure
- Lung Problems
- Stroke
- Seizure
- Other Medical problems

Surgery:

- Deep Brain Stimulation (Brain pacemaker) **Caution:** I cannot have MRI scans except under strict guidelines, diathermy, some forms of cautery, and other procedures that can heat and damage my battery and wires. Call my neurologist or Medtronic for further guidance 1-800-328-0810.)
- Other surgeries

Allergies:

Medicines: (List name, dose, and time of day that you take your medicine

- 1.
- 2.
- 3.
- 4.
- 5.
- 7.
- 8.
- 9.
- 10.

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Parkinson's Symptom Checklist. This list will help your medical team understand your disease and get you the help you need.

Movement

- Dyskinesia - uncontrollable movements usually caused by medicine
- 'On-off' fluctuations - periods of time when my medicines are working ('on') that I can move better and when my medicines are not working ('off') and I have difficulty moving. 'Off' periods are usually end of dose so I must get my medicines On time. I MUST HAVE MY PD MEDICINES ON TIME TO REDUCE THIS PROBLEM
- Dystonia - involuntary muscle spasm, contraction leading to pain, flexion, or twisting movements
- Balance problems Freezing or gait or motor initiation problems (feet stuck to floor)
- Swallowing problems Communication and Speech difficulties

Non-motor

- Depression Anxiety Apathy Impulsivity Problems
- Bladder problems Constipation
- Memory Problems or Mild thinking difficulties Dementia
- Hallucinations or sensitivity to hallucinations with certain medicines
- Drooling Fatigue Loss of Smell or loss of appetite
- Pain: List where on body _____
- Leg swelling Lightheadedness or dizziness
- Sleep Problems
 - Trouble staying asleep Restless Legs Syndrome Sleep Apnea
 - REM Sleep Disorder: Vivid, active, physical dreaming Daytime sleepiness
- Sensations: Tingling, Aches, Pain, Cold Hands/Feet

Other:

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Safety information for your team:

Parkinson's symptoms can worsen with illness: Monitor for confusion, hallucinations, dysphagia, and fall risk.

Parkinson's medication side effects: nausea, dizziness, mental changes, hallucinations, confusion, involuntary movements, loss of appetite, dryness of mouth, lowered blood pressure, diarrhea (Comtan, Stalevo).

List of medicines you should not have: Common anti-hallucination and anti-nausea medicines can worsen movement. Both nausea and hallucinations can occur with certain medicines and during illness. The anti-hallucination medicines Quetiapine (Seroquel) or Clozapine (Clozaril) can be used for hallucinations and psychosis. The following antipsychotics should be avoided (this list is not complete): aripiprazole (Abilify), chlorpromazine (Thorazine), flufenazine (Prolixin), haloperidol (Haldol), molindone (Moban), perphenazine (Trilafon), perphenazine and amitriptyline (Triavil), risperidone (Risperdol), thioridazine (Mellaril), thiothixene (Navane). Anti-nausea medicines to avoid include metoclopramide (Reglan), phenothiazine (Compazine), promethazine (Phenergan).

Medicine timing is critical (see above): Medications must be given on time to avoid fluctuations in response or excessive movements. Levodopa (Sinemet, Stalevo) absorption is delayed by protein and should be given one hour before or after meals. A nutrition consult can help.

Deep Brain Stimulation (Brain Pacemaker) Contraindications: Most MRI scans, diathermy, some forms of cautery and other electrical procedures can damage battery, wires or adjacent tissue. Diathermy and MRI can cause death. Call Medtronic technical support for guidance 1-800

Medical Doctors (include name, phone, and fax):

Neurologist:

Primary care Doctor:

Other Specialist:

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Services to ask for during your hospitalization:

- Physical therapy, Occupational therapy, Speech/Swallowing therapy especially if you have trouble with balance, swallowing, weakness, and generalized mobility.
- Nutrition Consult especially if you experience weight loss, trouble swallowing and GI distress
- Chaplain services or social work consult for support of you or loved ones.

What to know or ask before discharge:

- What problems should I look for related to this hospitalization or my condition and who should I call?
- Do I have a complete and accurate list of medicines and changes made while in the hospital?
- Do I have prescriptions and can I fill the prescriptions at time of discharge?
- What procedures or new diagnoses do I have?
- Do I need inpatient rehabilitation, home health services, outpatient rehabilitation or other specific appointments?
- When should I see my doctor?
- How do I get a copy of my records for myself and my doctors?

Inform hospital staff (nursing) of the following:

- Highlight your need for medicines on time.
- Discuss what you can do in the medicine *on* vs. medicine *off* state so that they are aware of any potential changes in your movement. This is an opportunity to reinforce the need to “get your medicines on time.”
- Describe your dyskinesia and freezing episodes and when they occur as these symptoms may be unfamiliar to your team.

Treatment Guidance:

The following advanced directives insure that your rights and personal wishes are respected in the event of a medical emergency or change in your health status in which you are unable to make decisions for yourself. Many options are available to help you with these documents. It is suggested that any document be reviewed by your attorney to insure your wishes are accurately recorded. Check with the department of health in your state for additional guidance.

- Health Care Proxy:** This document gives a designated person the power to make health decisions for you if you are incapacitated and unable to do so.
- Durable Power of Attorney:** This document gives a designated person the power to make certain legal, financial and disability decisions for you if you are incapacitated and unable.
- Living Will or Healthcare Directive:** This is a written document that specifies what type of medical treatment you desire if you become incapacitated. The State of Washington recognizes the POLST (Physician orders for life-sustaining treatment) Form as a legal document.
- Signed statement identifying a friend or family member that your doctors can talk to about your treatment.

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