

About my body (Advanced clinical information)**From B2**

Name and surname:		ID number:	
The condition/bodily system I have difficulty with:			
The type of condition (where applicable)			
History			
Date diagnosis confirmed			
Diagnosis confirmed by			
Prognosis			
Devices / aids:			
How these devices/aids used			
Medication			
Treatment: history			
Treatment: current			
Professionals currently involved			
Current symptoms			
Specific routines			
Other info about how I cope			
Additional assessments completed			

Example of completed template:

The condition/bodily system I have difficulty with:	Diabetes
The type	Type 2
History	Started getting symptoms in 2010.
Date diagnosis confirmed	January 2011
Diagnosis confirmed by	Dr Ferreira, GP
Prognosis	Might be reversed if I continue with lifestyle changes
Devices / aids:	Blood sugar testing kit and strips (Accu-check instant)
How these devices/aids used	I am able to test my own blood sugar levels
Medication	Glucophage 1000 mg once per day
Treatment: history	Started on 500mg but it was not strong enough and my sugar levels remained high. Started 1000mg approx 6 months ago.
Treatment: current	Glucophage 1000 mg, exercise three times a week (I go swimming at the local gym), maintain healthy diet (6 smaller meals a day in stead of 3 big meals)
Professionals currently involved	Dr Ferreira, GP Margaret Jones, dietitian
Current symptoms	None! My blood sugar level has remain between 6and 8 the past 6 months
Specific routines	I measure my sugar levels once a week, on a Wednesday before breakfast.
Other info about how I cope	My family supports me by bringing me diabetic friendly treats. I do, occasionally, eat something that I am not supposed to eat (such as malva pudding which I adore!) I compensate by watching what I eat for two days after my cheat!
Additional assessments completed	