



HELP YOUR HEALTHCARE TEAM HELP YOU

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Who doesn't want what's best for their child? Of course, we all do, especially when it comes to accessing and dealing with the health care system. Sometimes, the very measures utilized by the healthcare system for our protection may feel like stumbling blocks and red tape.

Maintaining an updated (every 6-12 months) medical information sheet for your child will provide peace of mind and help ensure that your child will receive the safest and most appropriate care. Keep a copy in your purse or car and have another copy available for anyone caring for your child when you are away. Having a sheet with the following information will be helpful and time-saving:

- Child's full name and date of birth
- Recent weight and height (medication doses for children are often weight based)
- Names, doses, and frequency of any medications or supplements being taken (the health care team needs to know if current symptoms are related to medications or if there are potential reactions with newly prescribed medications)
- Any health problems and details about those problems that you think a health care worker needs to know to care for your child
- Allergies, including the types of reactions that the child has had in the past
- Emergency contact phone numbers (if a babysitter or family member brings your child to the doctor or hospital, they should have your contact phone number to provide to registration and to keep you updated)
- A photocopy of the child's insurance card (if a babysitter or family member brings your child to the doctor or hospital, it helps with registration and verification of benefits)
- A letter from the parent(s) stating that they wish for the child to receive medical treatment, if deemed necessary, in their absence and that the holder of the letter has the parents' permission to consent to treatment.

Children experiencing a life-threatening illness or injury will not be denied treatment by the healthcare system. But at lower levels of care, attending to these details with up to date documentation can help the registration and triage process move along more quickly. Efficiently managing the information set forth above will help the health care team safely move your child past the intake/triage team and on to the medical team, where your child will get the care he or she needs.