

Medication List

Show this chart to the doctors, nurses or pharmacists who attend to the patient, as an aid to update them on the list of medicines the patient is taking.

LONG/SHORT-TERM MEDICATION (INCLUDING OVER-THE-COUNTER MEDICINES)

Name	I/C Number
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Drug Allergies

Medicine	Dose/Frequency	Reason Started	Date Started	Advised by
Date Stopped	Reason Stopped		Advised by	

Medicine	Dose/Frequency	Reason Started	Date Started	Advised by
Date Stopped	Reason Stopped		Advised by	

Medicine	Dose/Frequency	Reason Started	Date Started	Advised by
Date Stopped	Reason Stopped		Advised by	

Medicine	Dose/Frequency	Reason Started	Date Started	Advised by
Date Stopped	Reason Stopped		Advised by	

HEALTH SCREENING RESULTS

Please keep a copy of all your health screening records in your health folder. You can index and date them for easy reference. (please see pages 23 and 24 for the generally recommended health screenings and immunisations).

Helpers' Diary

If the person is receiving formal and/ or informal care to any extent, maintaining a Helpers' Diary will facilitate caregiving by another party. This is especially useful when the main care provider needs a break or is indisposed in any way. You may use or replicate these:

- Care recipient's daily time table of activities and required help
- Care recipient's weekly list of activities and required help