



Dr. Sandra Milena Espitia F., MD
sanmilena@gmail.com

17 – My Book About Health: A Patient-Owned Health Record

Dr. Sandra Milena Espitia F.
Family Community Physician
Professor of Community Health
and Family Medicine
Study Centre for Community
Health CESCUS
La Sabana University
Colombia

Introduction

When you are a family doctor, one of the most important pillars in practice is continuity of care for our patients, being one the most important elements to strengthen the monitoring patient and family according to the biopsychosocial model. In this context the creation and development of “My Book About Health” – patient owned health record becomes a unique tool to explore the doctor - patient relationship, but especially helps build awareness and health status of the individual and his family.

It is also a way to empower a patient towards an autonomous process, in which he is the protagonist of his own healing, allowing a better accompaniment from his family doctor in preventing diseases but also in the rehabilitation and care of those advanced pathological conditions. It is possibly a better treatment and identifies the best pharmacological and non-pharmacological strategy, and it also allows an orderly clinical patient information record.

Moreover, this patient-owned health record can be considered as a key element in promoting health, allowing the health system to establish an updated record of the patient’s health conditions and his family information.

Several experiences have been reported around this issue, one of the most important has occurred in Sweden, where health providers have led to the implementation of this tool in primary care, whose objective was to sensitize adults and teenagers. In a sample of 1306 people, it was concluded that the document was perceived as useful by 35 % of adolescents and teachers reported that they had a positive experience from health promotion at school. In addition, between 10 % and 26 % of adults reported changes in their own health situations when considering their health book.

When this document is integrated within electronic health record systems, they provide greater benefits to the patients when they arrive to health care centres.

Definition

My Book about Health is defined as a document concerning a person’s health that is owned by the individual. The term “personal health record” has been used since thirty years, and today is extensively used for electronic personal health documents. This book is solely owned by the patient with physician accompaniment and contribution. This contrasted with the clinician’s record of patient, also known as an electronic medical record or the computer-based patient record, which is managed only by the clinician and/or health care institution.

Characteristics

A patient owned health record focuses on some special characteristics:

1. Focus on Health Promotion.
2. The owner provides almost all of the documentation.
3. Personal reflection is encouraged.
4. Printed material (not electronic version)
5. Health Information Included.
6. Male and Female version.
7. Focus on lifestyle.
8. Preference format: Booklet.
9. Medium size (28 pages)
10. Diary and communicative tool combined.

What information is included in the Patient Owned Health Record?

As a basic tool for the patient and their family doctor, it is important that the document is easy to use and counsels on relevant medical data but also with space for the patient’s reflections and analysis with respect to medical information with a biopsychosocial perspective.

First is to record information about patient’s family doctor, addresses and number phone. Other information is about:

1. History of allergies including allergies to medications.
2. Medications and dosages.
3. Chronic Non communicable Diseases.
4. Major surgeries and date’s interventions.
5. Background Diseases in the Family.
6. Background on Immunization.

MY BOOK ABOUT HEALTH	MY BOOK ABOUT HEALTH
<p><u>Personal Information</u> Name: Age: Address: Phone: My Family Doctor: Doctor’s Phone:</p> <p><u>Medical History</u> Allergies: Medication:..... Dose:</p>	<p>Date Started :..... Reason: Goals Treatment: My Purpose:.....</p> <p>TIPS FOR SAFE MEDICATION USE</p> <ul style="list-style-type: none"> • Keep in the original container. • Store in a cool, dry place, out of the sun and not in the bathroom. • Keep away from children.



Example N°1: My Book About Health

It is also necessary to collect the following information in order to generate Primary Prevention:

1. Results of screening tests.
2. Results of signs and tests on cardiovascular risk (Cholesterol, blood pressure).
3. Nutrition and Physical Activity Habits.
4. Goals in managing conditions such as smoking or weight loss.

Benefits

The strongest benefit to make a patient owned health record is strengthening the patient-doctor relation, because is an opportunity to building better health conditions. However if the patient has to go to an emergency room, the health providers have access to vital information, such as a disease treated or actually, medications, drug allergies, and how to contact his family doctor.

The patient empowering gives a security for management between doctor visits. For example:

- **Strengthening doctor visits:** The patient being ready with questions for his doctor and share important information, such as weight since the last visit.
- **Get organized.** Track appointments, vaccinations, and preventive or screening services, such as cervical cytology.

Barriers

Although this document is very convenient and easy to perform, there may be some conditions that limit the development of this tool as cognitive difficulties in the case of elderly diagnosed with dementia, even if these patients benefit most from having this instrument,

Otherwise, a barrier that must be addressed daily from healthcare providers, is promoting this tool as part of comprehensive patient management, in which case the family doctor has the ability to articulate the clinical process with other specialties in a different way .

Take Home Message

- My Book about Health is defined as a document concerning a person's health that is owned by the individual.
- This patient owned health record is a way to empower the patient into an autonomous process, in which he is the protagonist of his own healing.
- The document is considered as a key element in promoting health, allowing the health system to establish an updated address of the patient's health conditions.
- information about medical history is important but provide the patient with spaces for reflection about his own health condition.
- Strengthening the patient-doctor relation is an opportunity to building better health conditions.

Original Abstract

<http://www.woncaeurope.org/content/ab429-%C2%A0-%C2%A0-%C2%A0-%C2%A0-%E2%80%9Cmy-book-about-health-%E2%80%9D-patient-owned-health-record>

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