

Distinctive Features

This book is more than a journal & more than a personal health record... it has a CD of master medical forms and logs that enable the user to computerize OR print and fill in by hand to create a customized health record notebook to meet their personal medical needs. In addition, the book:

- Explains the importance of becoming an active participant in health care – whether a patient or caregiver.
- Helps the reader gain a new way to think about and manage complex health care needs.
- Includes stories and statistics throughout to help the reader understand the prevalence of medical errors, where and how errors occur and how to prevent medical errors.
- Provides a mechanism (over 40 unique medical forms & logs) to capture past, current, and future health-related information for quick and easy access in any circumstance.
- Provides step-by-step instructions for use of each medical form or log and the disease management system as a whole.
- Shows how to track subtle symptoms, become an investigator and help with symptom diagnosis.
- Shows how to research medical conditions, medications, and more.
- Shows how to use the information gained from research and records to aid in diagnosis and decision-making.
- Teaches effective patient doctor communication that helps healthcare providers to help them think and consider alternatives.
- Provides suggestions to help make visible the connections between illnesses, family medical history, past and current conditions, medication side effects, and new symptoms.
- Provides critical questions to ask when facing new treatments, procedures, surgery and more...
- Recommends or tells why getting copies of all medical test results is important.
- Examines storytelling as a key communication tool and explains how to tell a complete, clear, and concise story from gathered medical information for effective and efficient communication during time-limited medical appointments.
- Emphasizes being a partner or how to find a doctor who will be a partner.
- Tells how to manage and get the most from every medical appointment.
- Includes guidelines for medication management at home and in the hospital.
- Provides guidelines for managing hospitalization.
- Explains the importance of and what being or having patient advocate means, both on a regular basis and when hospitalized.