My Medical Masterlist

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# Scripts to Request:

* *List medication you need to ask your doctor about here.*

# Medical gear to request:

* *This list may include mobility devices, CPAPs, colostomy bags, and other non-medication needs you require*

# Referrals/Care Needed:

* *Example from my list: Psychiatrist and a regular counselor (trauma-informed, DBT, EMDR, ED-informed, fat/body-accepting, no HAES, trans/queer/kink -informed, more appointment availability is better because I need hella therapy)*

# Diagnoses:

## Current

### Physical

* *An unordered list of your physical diagnoses goes here.*

### Psych

* *An unordered list of your mental diagnoses goes here.*

## Common Symptoms

### MD-related

* *I use this section to list my physical symptoms that exist that a medical doctor would manage. I go into a lot of detail with my list, partially because I forget things, but also because my partner needs to know the details of my symptoms in case I’m unable to speak for myself in a medical situation. You may include as much or as little as you need.*

### Psych-Related

* *As with the MD-related symptom section, this is a section for you to describe your psych diagnoses. This section is even longer on my list than my medical symptom list. If you’d like yours to be similarly thorough, here are some things you can consider including:*
* *Distress signaling/how to tell you’re distressed*
* *Common hallucinations*
* *Your triggers*
* *What people can do to help you when you’re experiencing MI symptoms*
* *Predictable mood cycles, for me examples include my springtime hypomania, PTSD-trigger-full Fall, and discusses how long they last and what the symptoms are like when I’m experiencing them in those contexts. This may be very helpful for you if you have SAD, bipolar, cyclothymia, or other mood disorders.*
* *If you experience multiplicity, you can note your alters/headmates/[insert best term for the other parts in your life] and pertinent information. I understand my BPD best from a multiplicity framework, so in my masterlist I described the motivations of each split and the triggers that bring them out, as well as how to best comfort them and how to engage with me to help me wait out a split.*

## Previous Diagnoses

* *If you’ve received a misdiagnosis, or had a diagnosis that has been resolved or gone into remission, this is where I would put it!*

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# Meds I've Tried

*This section of the Medical Masterlist is intended to keep track of medications you’ve tried, what side-effects they had, if any, if they worked or not, and what you will or will not take again.*

## Color Key:

*I used a stoplight color system + black text to indicate what I will or will not use again, but the color-code system may not be useful for people who are colorblind, blind, or VI. I encourage you to modify this as much as you desire to meet your own medical, accessibility, and organizational needs.*

* Red: Don’t let anyone prescribe this for me.
* Yellow: Helpful for treating condition prescribed for, side effects strongly impeded daily life
* Green: I will take this again with no reservations if a doctor suggests it in a way that lines up with my goals and treatment plan & it is covered in full by my insurance.
* Black: Ineffective but I’m willing to try it again

## Script Shorthand Key:

*You’re also welcome to delete, add to, or subtract from the script shorthand key. I have enough experience with the medical system to be comfortable using prescription shorthand that many offices use for my medications. If you’re not, don’t feel compelled to use it! This isn’t here to make EXTRA work for you - indicate your dosages in ways that make sense to you and whomever you may share your list with.*

* Q[x]d - quantity [number of times] daily
	+ Qd, q1d: daily
	+ Q2d: twice daily
	+ Q3d: three times a day
* Hs - at bedtime

##

## Psych:

* *Psychiatric meds can go here.*

## Sleep:

* *Meds to help you sleep can go here.*

## Pain/Neuro:

* *Painkillers and neurological medications can go here.*

## GERD/Acid/Heartburn/IBS:

* *Digestion-related medications can go here.*

## Birth Control:

* *List birth control options you’ve tried here if you use it.*

## Antibiotics:

* *List antibiotics you know you’ve tried here.*

## Other:

* *Other medications that may not have categories listed above. Feel free to create your own as well for whatever your own needs are - for example, if you are diabetic, having a section on Diabetes medications makes sense if you’ve tried any.*

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# My Treatment Goals/Rules

* *If you have an advance directive, mention it here.*
* *If you have a DNR, this is also the place to mention it.*
* *If you refuse to undergo certain procedures, state that here.*
* *The goal of this section is that a loved one can reference this if you are unable to direct your own care or advocate for your own needs for any reason.*
* *This is where you should lay out what your goals are with your care, as well as rules for your care. Example of two of mine:*
* *Reduce overall pain and fatigue*
* *Increase my daily functionality so I can maintain my self and my household better*

# Family history

* *In my medical masterlist, my family history includes birth years (where I can remember them) to provide a rough idea of the person’s age, it tells whether they are living or dead, and lists their symptoms in a sub-point, like so:*
* *Parent, living, born 1950*
	+ *Hypertension*
* *Grandparent, died in ‘04 of cancer*
	+ *Alcoholism*