



Patient Passport

Empower Your Health Journey:
One Passport, Total Care



Version 2.1 - January 2024

General information

Name:

Specialist:

Family Doctor:

Pharmacist:

Psychologist:

Caregiver:

example: Heartfailure

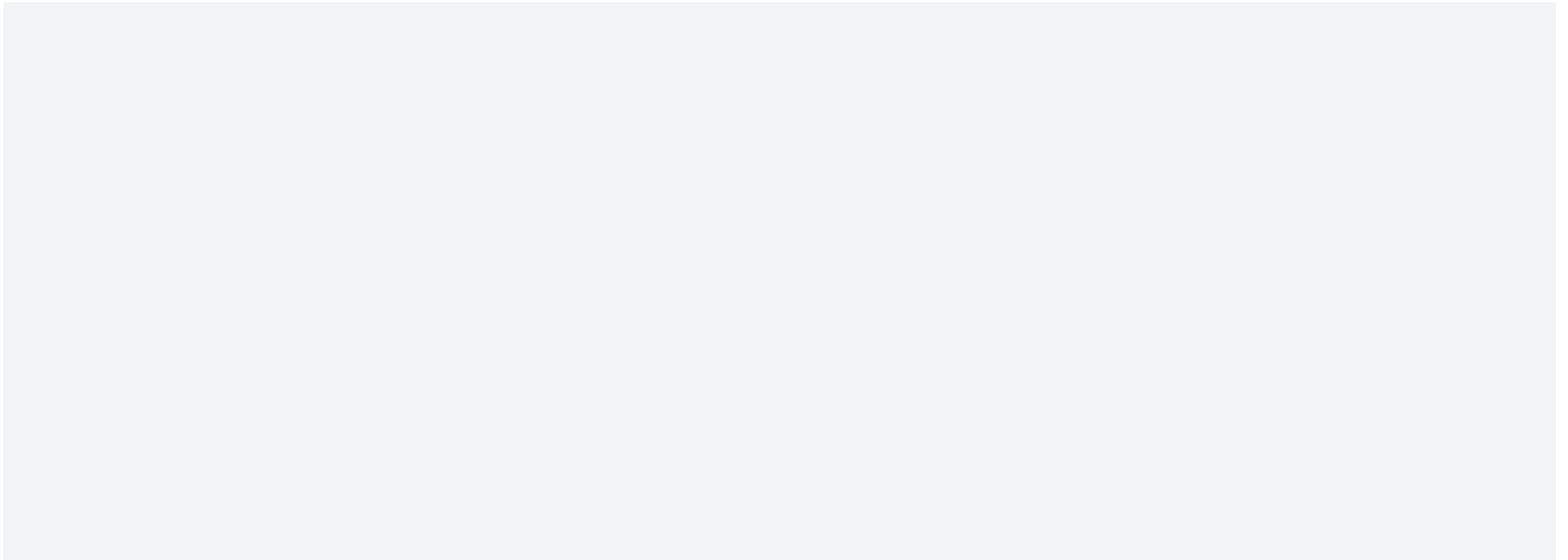
I am Living

example: Cancer

with: and:

Family History:

Personal Goals and Objectives



example: 20 min. walk in the park and/or around the track or play or walk with grandchildren.

Health Information

Page 1 of 3

Baseline info:

BLOOD PRESSURE



My normal blood pressure is between
_____ / _____ and _____ / _____ mmHG

If your blood pressure is consistently higher than _____ mmHG* or lower than _____ mmHG*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

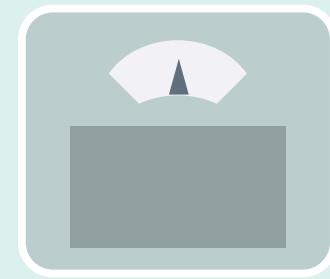
HEART RATE



My normal heart rate is between
_____ and _____ beats/min

If your heart rate is consistently higher than _____ beats/min* or lower than _____ beats/min*, or you have a headache, or feel dizzy or faint, discuss this with your doctor or nurse.

WEIGHT



My normal weight is between
_____ and _____ lbs

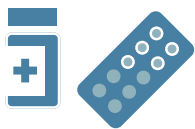
If your weight increases more than _____ lbs* in a day or _____ lbs* in a week then contact your doctor.

Health Information

Page 2 of 3

Health Information > My Medications

Keep track of all the medications you are taking (prescription and over the counter), as well as vitamins and other herbal remedies. Make sure to show your doctor at your next appointment.



NAME OF MEDICATION, VITAMINS, HERBAL REMEDIES, ETC.

DOSE
(Example: two 40mg pills day & night)

HOW DOES IT HELP ME?

WHAT SHOULD I CONSIDER?
(Possible Side effects)

Health Information

Page 3 of 3

Community Support Information

Clinic Information:

example: Heart Function Clinic

Support Groups:

example: Heartlife Foundation

Communities:

example: Facebook Group

Resources:

example: Heartlife website

Caregivers Support:

Other Medical Diagnostic Information

Surgeries:

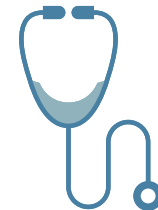
Medical Tests:

X Rays:

Please attach any x-rays or medical imaging documents

Bloodwork:

Please attach any bloodwork results



Health Information

Page 1 of 3

I am also living with...

I am also living with:

example: Cancer

Specialist info:

Baseline info:

INSERT HERE



INSERT HERE



INSERT HERE



Health Information

Page 2 of 3

Health Information > My Medications



**NAME OF
MEDICATION,
VITAMINS, HERBAL
REMEDIES, ETC.**

DOSE
(Example: two 40mg
pills day & night)

HOW DOES IT HELP ME?

WHAT SHOULD I CONSIDER?
(Possible Side effects)

Keep track of all the medications you are taking (prescription and over the counter), as well as vitamins and other herbal remedies. Make sure to show your doctor at your next appointment.

Health Information

Page 3 of 3

Community Support Information

Clinic Information:

example: BC Cancer Clinic

Support Groups:

example: BC Cancer Agency

Communities:

example: Facebook Group

Resources:

example: BC Cancer website

Caregivers Support:

Other Medical Diagnostic Information

Surgeries:

Medical Tests:

X Rays:

Please attach any x-rays or medical imaging documents

Bloodwork:

Please attach any bloodwork results



Glossary

Heart Failure: A condition where the heart can't pump blood efficiently enough to meet the body's needs.

Ejection Fraction: A measurement of how much blood the left ventricle pumps out with each contraction.

Diastolic Dysfunction: When the heart's lower chambers can't relax properly, making it hard for the heart to fill with blood.

Systolic Dysfunction: When the heart's lower chambers can't contract strongly enough, affecting the heart's ability to pump blood.

Edema: Swelling caused by fluid buildup, often in the legs, ankles, or feet.

Dyspnea: Difficulty breathing or shortness of breath, a common symptom in heart failure.

ACE Inhibitors and Beta Blockers: Medications commonly used to treat heart failure.

Cardiomyopathy: A disease of the heart muscle that makes it harder for the heart to pump blood.

Arrhythmia: An irregular heartbeat, which can be a symptom or complication of heart failure.

NYHA Classification: A system used to classify the severity of heart failure symptoms, ranging from Class I (no symptoms) to Class IV (severe symptoms).

Appended Documents

Please add any documents needed for your care

