

The Redrock Readiness Newsletter

Episode 19: Docs and .Docs

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

—3 John 1:2

Beau: This past week at Institute I spoke with a couple of brethren in the ward—one of which had just had just spent some time in the ER. After talking with him about his experience, I thought to myself, **“Does the ward know the health info they need to share with doctors when trouble comes up?”** Medication interactions can be fatal. Allergies to medicines can be problematic. Knowing your blood type beforehand can save time if you ever need a transfusion.

Do you know what your blood type is? How about the medications you’re on, AND the current dosage prescribed? Are you inoculations current? Are you allergic to any meds or foods?

Back when I worked in an ER, the medical professionals I worked with had a saying: *People always lie to you, even when they don’t know it.* See, people coming in to seek care from us almost invariably didn’t know their medical history and had to guess at what medications they might be on and their dosages. In this modern day and age, with the medications that are out there, to me this is horrifying!

Danielle: In a world where you can ask your phone any question out loud *and then have it tell you an answer*, it seems absurd that the medical industry can’t keep tabs on your medical history. Luckily, the solution is as easy as a piece of paper. You don’t even have to think up the questions!

Seth Godin has a simple form you can fill out with your medical info:

http://sethgodin.typepad.com/seths_blog/2013/02/the-simple-form-that-could-save-your-life.html

It covers **most of your major bases**, though you may want to add your blood type if you know it. **Keep it on your computer, print out a copy to keep on you** (what if you got bonked on the head and couldn’t talk?) **and print out extras when you go to a new doctor.** You could even **save it to your phone** so it’s always handy! Just remember to **keep it up to date!**

Sure, filling out med forms isn’t the most fun way to spend your Saturday...but **this weekend project could save your life!** Or at least save you the headache of filling out the forms for yet another doctor. 9_9 Ugh.

Be safe out there!



I'm stuck in Kitty Time-Out and Beau is threatening to send me to rehab for my alleged "tuna addiction." I tried to escape once, but I'm kinda inna fix cuz Beau had me microchipped a while back. Have you chipped your pet? Do you have their medical info handy? We're family too! Mrow!