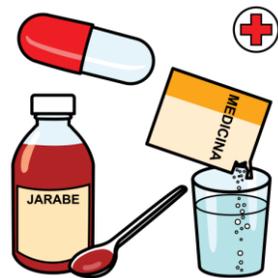




Co-funded by the
Erasmus+ Programme
of the European Union



Medical Follow-up and Medication



Pictograms: ARASAAC (<http://www.arasaac.org/>)

MEDICAL CONTROLS



WEIGHT CONTROL

ONCE A MONTH



CONTROL OF BLOOD PRESSURE



SAVE AND WRITE DOWN THE RESULTS

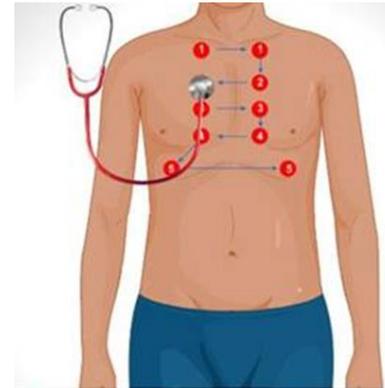


MEDICAL CONTROLS



**BLOOD
ANALYSIS**

**ONCE A
YEAR**



AUSCULTATION



**URINE
ANALYSIS**

**ASK FOR AN
APPOINTMENT IN OUR
HEALTHCARE
DOCTOR**



MORE COMMON MEDICAL SPECIALISTS



DERMATOLOGIST



TRAUMATOLOGY



OPHTHALMOLOGIST



NUTRITIONIST



DENTIST



GYNECOLOGIST

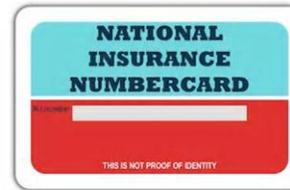


PSYCHIATRIST



UROLOGIST

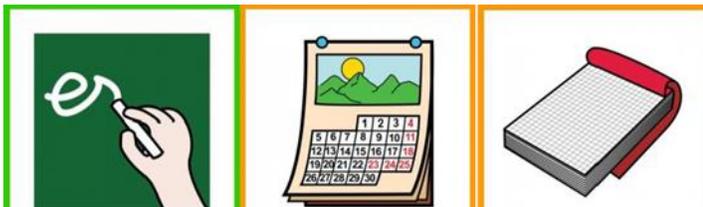
WE NEED A NATIONAL INSURANCE NUMBER TO ASK FOR AN APPOINTMENT



1° CALL FOR AN APPOINTMENT WITH OUR HEALTHCARE DOCTOR, AT THE AMBULATORY. HAVE THE HEALTH CARD AT HAND.



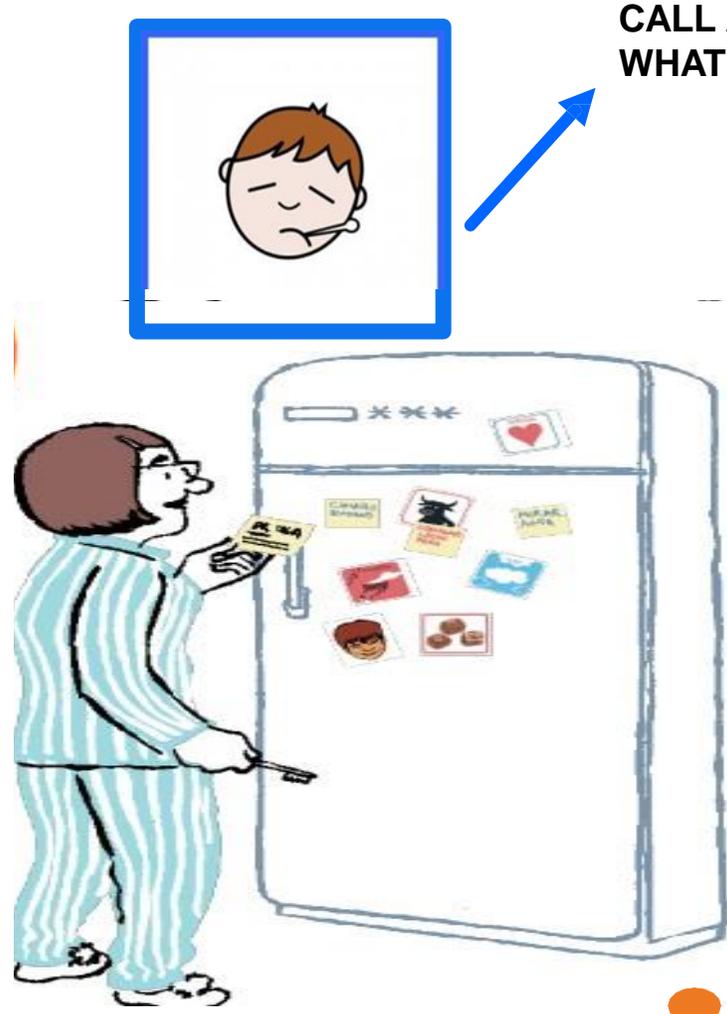
2° THE DOCTOR WILL GIVE US A "PASS" AND WE WILL HAVE TO ASK FOR AN APPOINTMENT WITH THE SPECIALIST IN THE HOSPITAL OR AMBULATORY.



3° ONCE WE HAVE THE APPOINTMENT, WE MUST WRITE IT DOWN IN THE CALENDAR AND IN A NOTEBOOK IN WHICH WE WILL REGISTER THE DOCTOR TO WHOM WE ARE GOING, THE WEIGHT, THE TENSION ...

WHAT TO DO IF WE FEEL SICK

WE SHOULD HAVE IN AN EASY TO FIND PLACE, THE PHONE NUMBERS OF THE DOCTORS AND OF THE PERSONS THAT CAN HELP US IF WE DON'T FEEL WELL



CALL A FAMILY OR TUTOR TO TELL HIM OR HER WHAT HAPPENS TO US AND TO WARN AT WORK



TRY TO REST TO SEE IF WE FIND BETTER



IF WE CONTINUE FEELING BAD, WE WILL GO TO THE DOCTOR TRYING TO BE ATTENDED IN EMERGENCIES



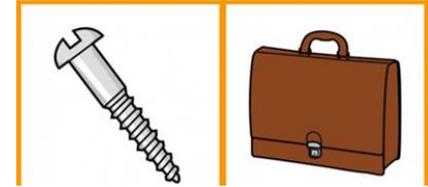
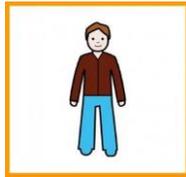
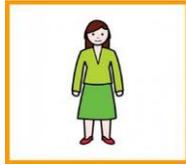
IF WE FEEL VERY VERY BAD, CALL THE 112



IMPORTANT TELEPHONE NUMBERS



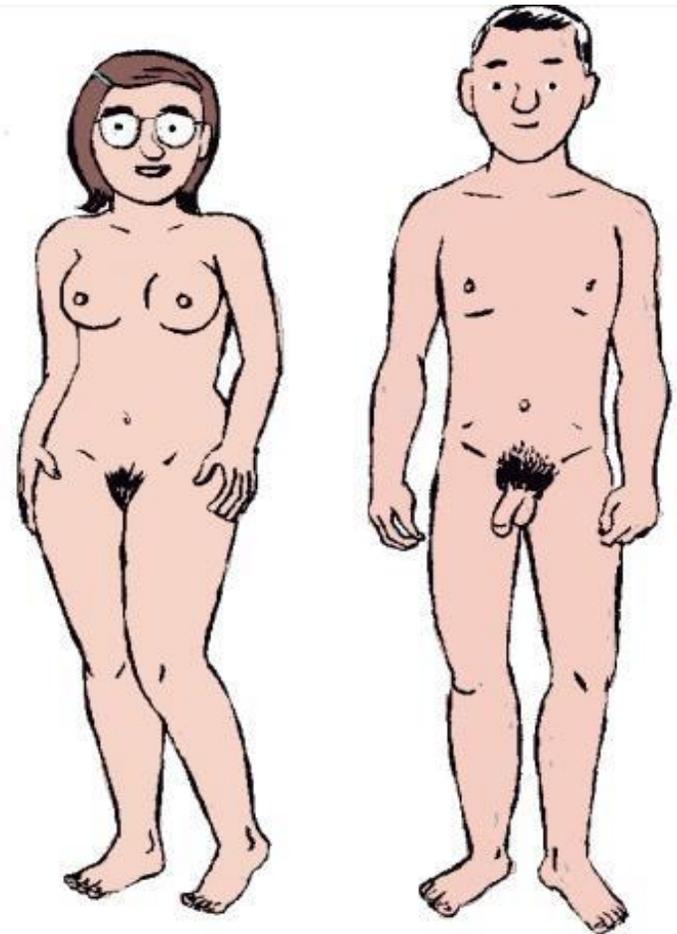
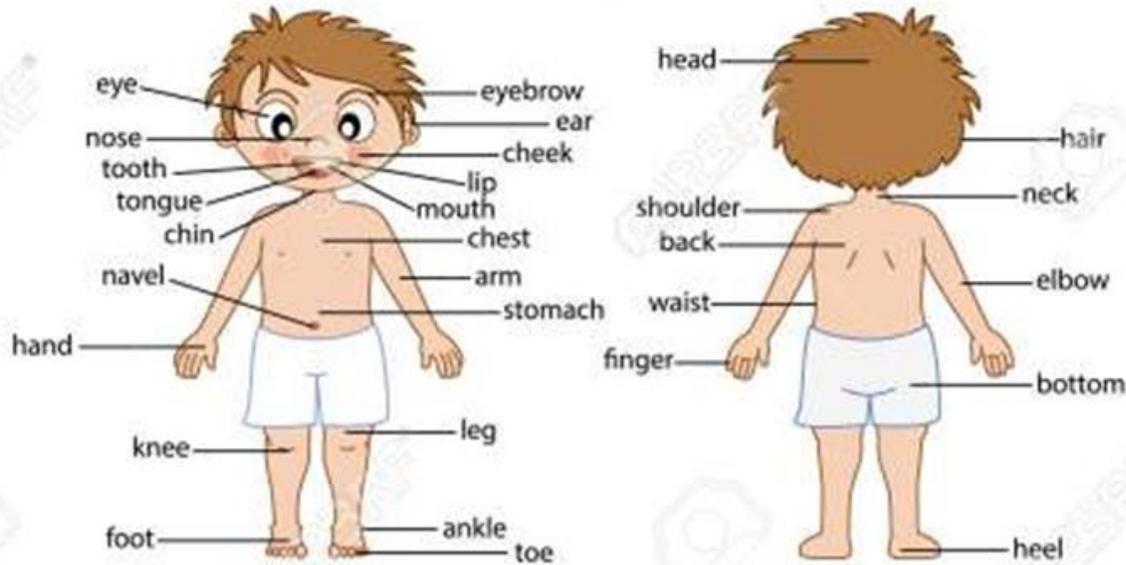
CLOSE PERSONS



EMERGENCIES 112

WHAT PART OF THE BODY HURTS US

My Body



HOW YOU FEEL? WHAT'S WRONG?

IT IS VERY IMPORTANT THAT WE THINK BEFORE GOING TO THE DOCTOR WHAT HAPPENS TO US AND WHAT WE WANT TO TELL YOU.

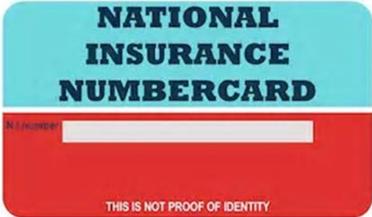
A GOOD IDEA, YOU CAN TAKE IT WRITTEN SO THAT YOU DO NOT FORGET ANYTHING. IF WE DO NOT KNOW WRITING, WE HAVE TO ASK FOR HELP FAMILY MEMBERS OR SUPPORT.

THE DOCTOR WILL ASK US AS QUESTION LIKE:

- SINCE WHEN DOES IT HURT? WHERE? ARE THERE ANY MOMENTS THAT HURT YOU MORE? AND LESS?



COLLECT THE MEDICATION



NATIONAL INSURANCE NUMBERCARD

THIS IS NOT PROOF OF IDENTITY

MEDICAL RECIPE

AGÈNCIA VALENCIANA DE SALUT TRATAMIENTOS VIGENTES

Paciente: - Edad: 76a - Régimen: Pensionista - TSI

002 - Aportación 10%

Fecha base: 17/10/2013 Fecha de impresión: 18/10/2013 12:12:05

Margen de antelación de visualización de recetas: 5 días y agrupación en Oficina de farmacia 14 días

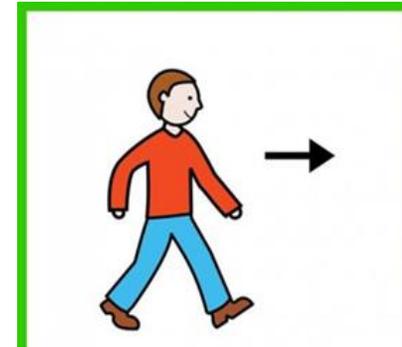
PRÓXIMAS DISPENSACIONES DE MEDICAMENTOS

Oct/13	Nov/13	Dic/13	Ene/14	Feb/14	Mar/14
sábado 12	sábado 9	sábado 7	sábado 4	sábado 1	sábado 1
					sábado 29

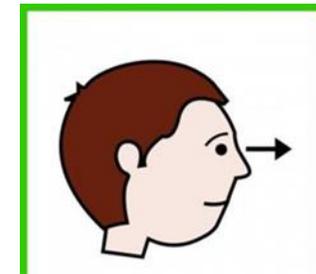
18/10/2013 12:12:03



MONEY



IMPORTANT



COLLECT THE MEDICATION



VERY IMPORTANT TO TAKE THE MEDICATION ALWAYS AT THE TIME THAT THE DOCTOR TELLS US

TAKE THE AMOUNT THAT HAS BEEN SAID TO US, NEITHER MORE OR LESS

IF WE BELIEVE THAT WE DO NOT NEED ANY MEDICATION, OR IT DOESN'T WORK WELL FOR US, WE WILL CONTINUE TO TAKE IT AND WE WILL GO TO THE DOCTOR AS SOON AS POSSIBLE.

BREAKFAST



LUNCH



DINNER



APPLICATIONS TO REMEMBER WHEN TO TAKE THE MEDICATION



WE HAVE TO SEEK THE BEST WAY TO REMIND US, SINCE IT IS VERY IMPORTANT TO TAKE IT WHEN THE DOCTOR TELLS US AND THAT WE DO NOT FORGET.

THERE ARE MANY FREE APPLICATIONS THAT REMIND US WHEN WE HAVE TO TAKE THE MEDICATION, WHEN WE HAVE THE FOLLOWING INJECTABLE ...

