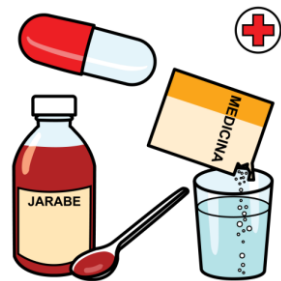




Co-funded by the
Erasmus+ Programme
of the European Union



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**

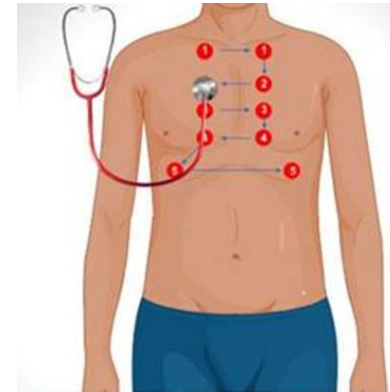


MEDICAL CONTROLS



**BLOOD
ANALYSIS**

**ONCE A
YEAR**



AUSCULTATION



**URINE
ANALYSIS**

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



MORE COMMON MEDICAL SPECIALISTS



DERMATOLOGIST



OPHTHALMOLOGIST



DENTIST



PSYCHIATRIST



TRAUMATOLOGY



NUTRITIONIST

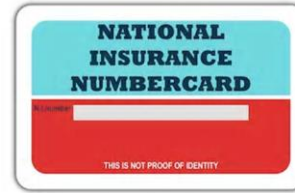


GYNECOLOGIST



UROLOGIST

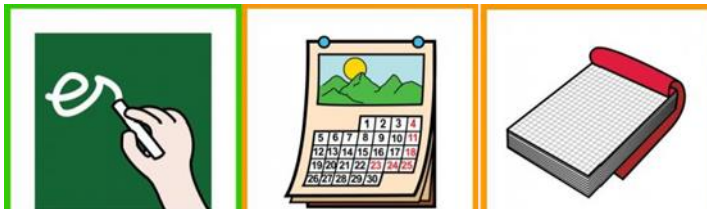
WE NEED A NATIONAL INSURANCE NUMBER TO ASK FOR AN APPOINTMENT



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



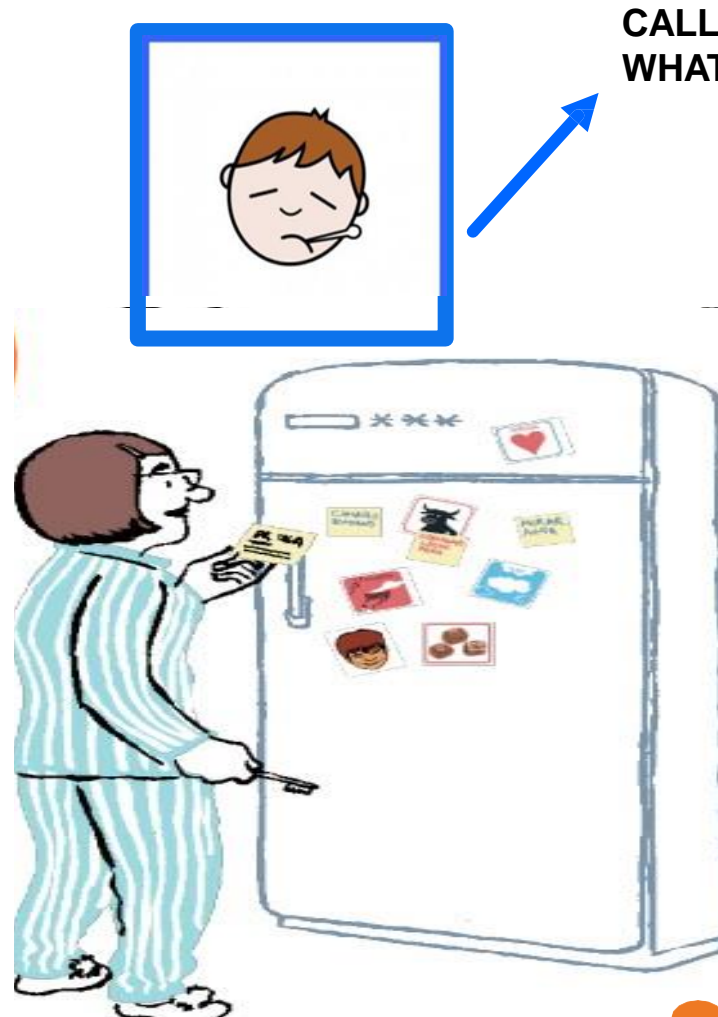
2° THE DOCTOR WILL GIVE US A "PASS" AND WE WILL HAVE TO ASK FOR AN APPOINTMENT WITH THE SPECIALIST IN THE HOSPITAL OR AMBULATORY.



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



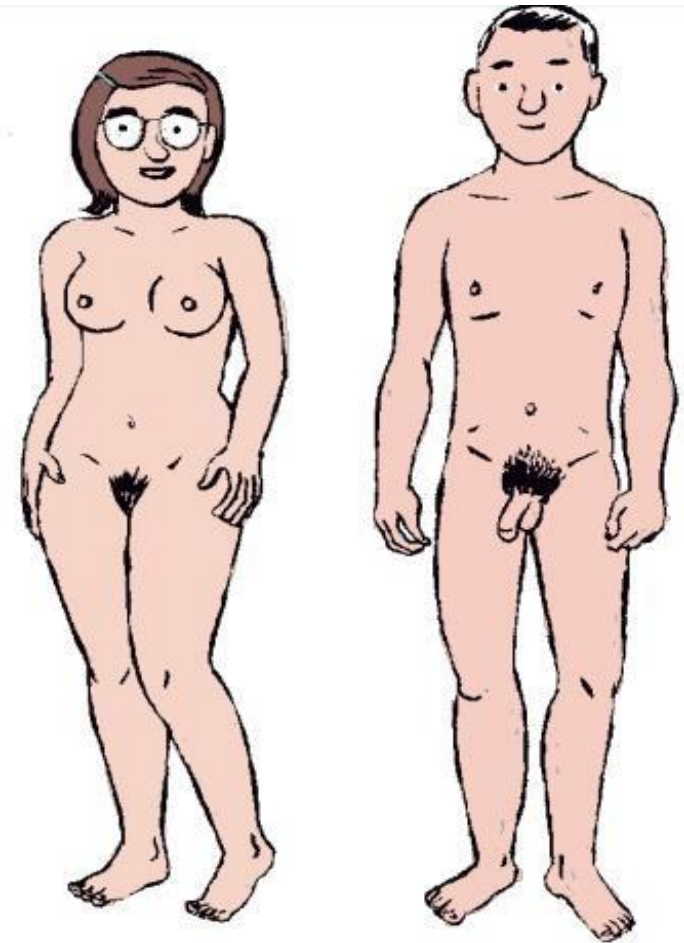
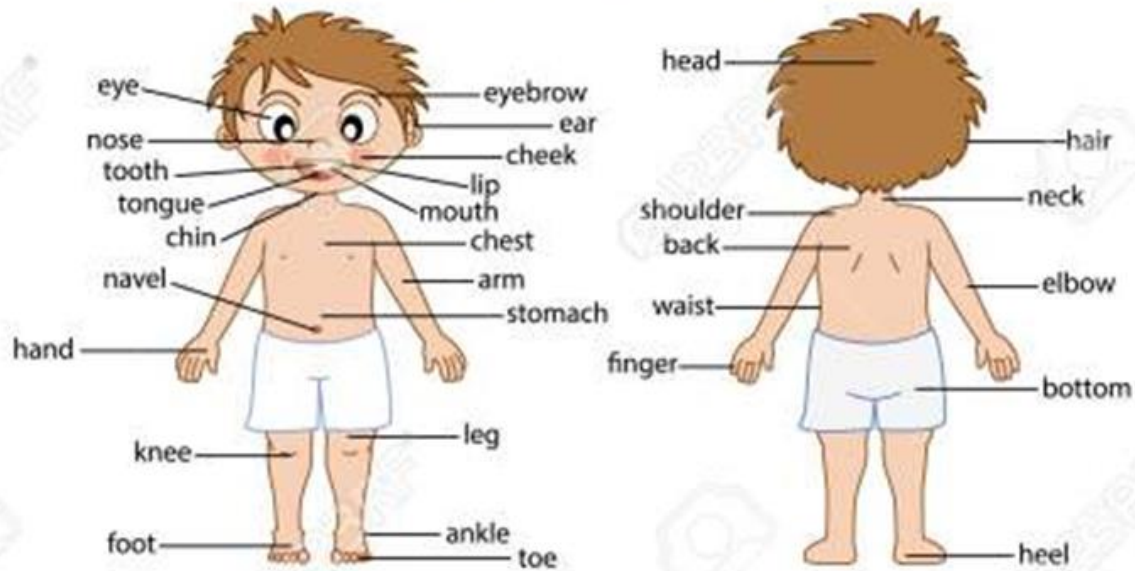
CLOSE PERSONS



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?



HOT

COLD

HEADACHE

DIZZINESS



BACK PAIN

STOMACH ACHES

NECK PAIN

CHEST PAIN



CONSTIPATION

DIARRHEA

FATIGUE

VOMIT



INSOMNIA

NERVES

PAIN OR SCALP WHEN ORINATING

COLLECT THE MEDICATION

**NATIONAL
INSURANCE
NUMBERCARD**

NI Number:

THIS IS NOT PROOF OF IDENTITY

MEDICAL RECIPE

AGÈNCIA VALENCIANA DE SALUT TRATAMIENTOS VIGENTES

Paciente: 002 - Aportación 10% - Edad: 76a - Régimen: Pensionista - TSI


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

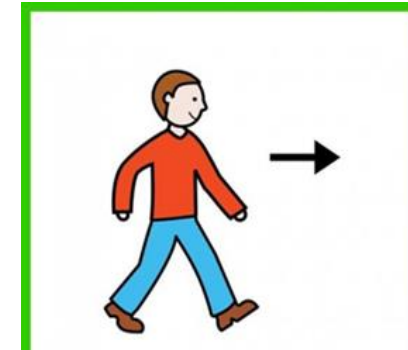
PRÓXIMAS DISPENSACIONES DE MEDICAMENTOS

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

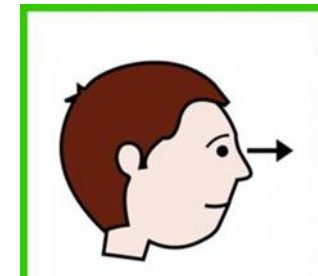
18/10/2013 12:12:03



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



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

**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.**

