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**What You Need to Know About My Condition**

**Date**:

I have **Post Polio Syndrome,** the symptoms of which vary from person to person. This document contains key information about how Post Polio Syndrome affects me and will help you to understand my needs.

Please be aware that I also have

**Full Name** **I like to be called**

**Address**

Telephone **Mobile**

Next of kin name

Next of kin telephone **Mobile**

In case of emergency contact

GP name

GP surgery telephone

**I AM ALLERGIC TO** ­

**BLOOD GROUP**

**CURRENT TEST RESULTS** (if known)

**SPECIAL NOTES**

**POST POLIO SYNDROME (PPS)** is the accepted name for the constellation of symptoms including NEW weakness, muscle fatigue and/or “central” fatigue, pain, breathing and/or swallowing difficulties, a variety of sleep disorders, fasciculations, gastrointestinal problems. These symptoms can occur both in previously affected muscles and those thought not to have been affected at onset. There are no definitive tests. Diagnosis is by exclusion of other conditions. **N.B. Care must be taken when prescribing any drug or anaesthetic that has sedative or muscle relaxant properties.**

**Ability and Mobility**

My ability is **(delete as appropriate)** *somewhat/not* affected by my condition.

My mobility **(delete as appropriate)** *is/is not* affected by my condition.

I was previously paralysed in my

I now have paralysis which affects my

I have muscle weakness which affects my

I wear **(tick all that apply)**  orthopaedic shoes  Ankle Foot Orthosis (AFO)  Knee Ankle Foot Orthosis (KAFO)

I use a **(tick all that apply)** walking stick  crutches  walker  manual wheelchair  electric wheelchair  mobility scooter

I can walk  unaided at home holding onto furniture  outside with an aid  only ever with an aid

I may have my own methods or equipment at home so I may need help if I am not at home.

* I **(delete as appropriate)** *do not need help/have my method/require help* getting in and out of bed.
* I **(delete as appropriate)** *do not need help/have my method/require help* to turn over whilst in bed.
* I **(delete as appropriate)** *do not need help/have my method/require help* getting in and out of chairs.
* I **(delete as appropriate)** *do not need help/have my method/require help* getting to and from the bathroom.

Further information on mobility or the methods I use

**Communication**

My condition **(delete as appropriate)** *does/does not* affect my intellect.

I have **(delete as appropriate)** *no/some/considerable* difficulty hearing.

I have **(delete as appropriate)** *no/some/considerable difficulty* understanding.

I have **(delete as appropriate)** *no/some/considerable difficulty* speaking when fatigued.

I have **(delete as appropriate)** *no/some/considerable difficulty* keeping track of conversations when fatigued.

Further information on my communication needs

**Personal Care**

I can take care of **(delete as appropriate)** *all/some/none* of my personal needs.

I **(delete as appropriate)** *need/do not need* help to take a bath or shower.

I **(delete as appropriate)** *need/do not need* help to dress or undress.

Further information on my needs with personal care

**Eating and Drinking**

I eat and drink **(delete as appropriate)** *independently/with aids/only with someone helping me.*

Further information on my needs when eating or drinking

I have these dietary needs/food allergies

**Respiratory**

I have **(delete as appropriate)** *no respiratory needs/a tracheotomy/to use ventilation equipment.*

Further information on my respiratory needs including any settings to note

My respiratory consultant is

**Medication**

|  |  |  |
| --- | --- | --- |
| **Name of medication** | **Dosage** | **Frequency/time of day taken** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**As a polio survivor with post-polio syndrome care MUST BE TAKEN with anaesthetics and any medication with sedative or muscle relaxant side effects. Due to weakened muscles I need far lower doses.**

**Equipment that is essential during my stay:**

**Useful contacts** (e.g. neurologist, specialist nurse, social worker)

|  |  |  |
| --- | --- | --- |
| **Name** | **Role** | **Telephone** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Other important information** (e.g. symptoms which may arise which require urgent attention, and what you should do in these circumstances)

**As a polio survivor with post polio syndrome care MUST BE TAKEN with anaesthetics and any medication with sedative or muscle relaxant side effects. Due to weakened muscles I need far lower doses.**

**Thank you for helping to make my stay  
as comfortable as possible.**

The Neurological Alliance, **London,** Registered charity 1039034, **www.neural.org.uk**