

With each Individual; Social Demographic And Medical Information
 Globally standardised healthcare information (in both ELECTRONIC and PAPER formats) which is complementary to the thousands of incompatible government & commercial electronic systems, since the primary source **ONLY** exists as a record personally held by, owned by, checked by and updated by me.

**Date of first completion
and any major updating**

D	D	/	M	M	/	Y	Y
D	D	/	M	M	/	Y	Y
D	D	/	M	M	/	Y	Y
D	D	/	M	M	/	Y	Y
D	D	/	M	M	/	Y	Y
D	D	/	M	M	/	Y	Y

Sticky Label or
Preferred FORENAME

SURNAME

Date of Birth

Age

It's hard to remember all the things we need to know to fill in yet another similar but differently set out - healthcare form.

So it's really

Simple

WISDAM®

for each of us to jot down for ourselves
 on Paper (Optionally also Digital)
 basic healthcare information
 that doesn't change very often.

Cost-Free - Everywhere

**Designed to work in both
PAPER and ELECTRONIC formats**

Based on what I know about myself

Provides a fresh global standard

Plain English - and easily translated

**Everyone - Everywhere
now needs their own
Simple WISDAM® record**

So, please,
download the latest version
via wisdam.org
and make photocopies
for everyone you know.

This record is my personal property - and I decide

My Names, Date of Birth and Gender

Sticky Label or Preferred FORENAME

N01 **Surname** (Family Name / Tribal / Last Name)

SURNAME

Date of Birth

N11 Was this my **Surname when I was born? Yes/ No** If "No", what was it then? e.g. Maiden Name

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N12 Have I used another Family Name at any time. If so, what was it? e.g. Previous Married Name

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N21 The **Forename most people use?**

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N22 Is this my Official "First Forename"? e.g. on my passport **Yes / No**

N23 If 'No' then what is my 'official' name?

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N24 **When people don't know me well - what do I like them to call me?**

Some prefer "Title & Surname". Others are happy for anyone to use their first name

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N31 **Title: Mr / Mrs / Miss / Ms / Rev / Dr / Other** (N32 Enter free text below)
Please Circle, or leave blank if, like traditional Quakers, I object to using any "Title"

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N41 What is my "**FULL Name**" in official documents such as my passport?

N42 If my real "Full Name" is too long to fit into 30 boxes, then I can make a note here of my usual 'invented' short version. Most people can leave this blank

N51 **Full Initials?** including Surname ➔

e.g. John Iain Ray Jones -> JIRJ not just JIR

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N61 **Date of Birth?**

D	D	/	M	M	/	Y	Y	Y	Y
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N71: **Gender:** How I feel myself to be? **Female / Male / Other** N72 Use free text ↓

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N73: If 'Other' what is my gender on my main official documents? Female / Male / Other N74 Use free text ↓

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N75: Pronouns If N71 = 'Other', what pronouns (him/his, her/hers) do I like to be used

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Medical Alerts

A00. **Any Medical Alerts? No / Yes** If 'Yes' please tick below ↓

	No	Yes	<i>General Headings only. Roughly Alphabetical</i>	No	Yes
A01 Emergency Hosp Admission (<i>If relevant</i>)			A61 Inherited Disorders		
A02 ICU or HDU Admission (<i>If still relevant</i>)			A62 Lung / Breathing Problems <i>e.g. Asthma, Chronic Bronchitis</i>		
A11 Auto-Immune Disease			A63 Migraine or Severe Headaches		
A12 Bad Back Problems			A64 Muscle, Joint and/or Bone Troubles		
A13 Bleeding (Blood Clotting) Problems			A65 Osteoporosis		
A14 Blood Disorders (<i>Haemoglobinopathies</i>)			A71 Operations - Major		
A15 Bowel Problems <i>e.g. Crohn's, Ulcerative Colitis, Bile Acid Malabsorption</i>			A72 Transplant (Kidney)		
A21 Cancer - Confirmed Invasive			A73 Transplant - Other		
A22 Dental Problems - Major			A74 Other Renal (Kidney) Problem		
A31 Diabetes needing Insulin Injections			A75 Tuberculosis		
A32 Diabetes - Diet and/or Tablets only			A76 Thrombosis / DVTs (Blood Clots in Legs)		
A33 Epilepsy / Seizures / Neurological Problems Fainting			A77 Thyroid or Other Endocrine (Hormone) Problems		
A34 Eye Problems (Severe <i>e.g. Glaucoma</i>)			MENTAL HEALTH (Past or Present)		
A35 Exposure to Toxic Substances			A81 Serious Mental Disorders at any time		
A36 Genital Infections <i>e.g. Chlamydia, Herpes</i>			A82 Treatment needed at any time		
A41 Heart or Abnormal ECG Problems /Angina			A83 In-Patient Care ever needed		
A42 High Blood Pressure			IF FEMALE		
A43 Hepatitis or other Liver Problems			A91 Positive Cervical Smear		
A51 HIV / AIDS			A92 Gynaecology Problems disrupting Life		
A52 Incontinence of Urine			A93 Major Gynaecological Surgery		
A53 Incontinence of Bowel			A94 Female Genital Circumcision		
A54 Infections such as MRSA, GBS, etc					

A99. Any **OTHER** currently relevant Major Medical Problem(s)? **No / Yes**

This record is my personal property - and I decide

This is my Personal Property

***Even if filled in by someone else on my behalf,
this record is my personal property
and I am therefore under no obligation
to provide any of the information suggested.***

*When I have filled in as much as I wish,
it may be useful to make a copy to use
when I go to any new accident & emergency department, optician,
dentist, health club, private consultation, hospital admission etc
each of which will probably have an incompatible database
which does not have up-to-date information about me.*

*A computer program is being written
which will allow all of **Simple WISDAM**[®]
to be printed on just 1-2 sides of a single A4 size page
to be kept in a pocket or handbag.*

*Please e-mail us if you might be willing to participate
in crowd sourcing for the not-for profit **WISDAM**[®] foundation*

COST-FREE, to use anywhere worldwide

Simple WISDAM[®]

**is now increasingly being accepted as
the only international standard of its kind**

Suggestions for improving and publicising this unique initiative

**Please contact us, via our website,
or via rupertfawdry@wisdam.org
or write to us at **WISDAM**[®] Enterprises
31, St.Mary's Way, Leighton Buzzard, LU7 2RX**

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