

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

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

**Sticky Label or
Preferred FORENAME**

SURNAME

Date of Birth

Age

As we get older it's hard to remember all the things we need to know to fill in yet another of the hundreds of similar but slightly different healthcare forms.

So it's really

Simple

WISDAM™

**for each of us to record
a set of standardised information
on Paper (± Electronic)
about personal healthcare information
that is either a past event e.g. Date of Birth
or doesn't often change e.g. Home Address**

Provides a fresh global standard

Plain English - easily translated

Cost-Free - Everywhere

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

Based on what we know about ourselves

My Names, Date of Birth and Gender

Sticky Label or Preferred FORENAME

SURNAME

Date of Birth

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

N11 Was this my **Surname when I was born? Yes/ No** N12 If "No", what was it then? e.g. Maiden Name

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N13 Have I used another Family Name at any time. If so, what was it? e.g. Previous Married Name

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N21 What is my usual '**Forename** (or Nickname)?

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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 / Other** Please Circle One, If 'Other'; (N32 Enter free text below) 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 the shortened version I have 'invented'. 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:** What do I feel myself to be? **Female / Male / Other** N72 Circle or use free text ↓

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N73: **Is this what is on my main official documents? Yes / No** N74 If 'No' then 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**

Blood Transfusions, Anaesthetics, Blood Groups and Allergies

Sticky Label or
Preferred **FORENAME**

SURNAME

Date of Birth

T01. **Blood Transfusion Ever?** *Please Circle One* **Never / Yes / Unknown**

T02. If 'Yes', any Major Problems? **PROBLEM ALERT / None / Minor / Unknown**

T11. **General Anaesthetic ever?** **Never / Yes / Unknown**

T12. If 'Yes', any Major Problems? **None / Minor / PROBLEM ALERT / Unknown**

T13. **Local Anaesthetic ever?** **Never / Yes / Unknown**

T14. If 'Yes', any Local Anaesthetic Problems? **None / PROBLEM ALERT / Unknown**

T21. **ABO Blood Group?** *Please Circle One*

Unknown / Uncertain

AB

A

O

B

No simple answer - PROBLEM ALERT

T22. **Rhesus Blood Group?** *Please Circle One*

Positive

No simple answer **PROBLEM ALERT**

Negative

Unknown / Uncertain

T31. Any professionally confirmed **Serious Allergies?** **None / Yes / Uncertain**

Any of the following?	No	?	Yes		No	?	Yes
T41 Any Animals (Dogs, Horses, Cats etc)				T51. Peanuts, Other Nuts OK			
T42. Aspirin				T52. Problems with other Nuts			
T43. Gluten				T53 Penicillin			
T44. Hay Fever (Grass, Pollen etc)							
T45. Latex				T61. Too many allergies to list			

T69 Other *Please give brief details below*

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 for me to make a copy to use
whenever 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 the information in my **Simple WISDAM™**
to be printed on just 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*

**Because it is a) COST-FREE to use by anyone, anywhere worldwide
b) the result of years of documenting as many options as possible in
the wording of every question and answer c) feedback from many**

The Simple **WISDAM™ / **QR-SINBAD™**
concept is slowly but increasingly
being accepted as the only viable way
to move towards genuine inter-operability
between all healthcare databases which use a combination
of fixed pick lists combined with free text opportunities**

**Suggestions for improving
and publicising this unique initiative**

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

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