

MyHealth Passport is a wallet-sized card that lists a person's medical conditions, past procedures and treatments, medicines, allergies and additional health information. Personal health information can be entered and printed by the user. The user decides what information to put in, but should create the passport with a health-care provider who can provide accurate information. Patients are encouraged to carry the passport with them at all times and present it to providers when needed.

www.sickkids.ca/myhealthpassport

IBD passport

Please, cut passport and fold it to wallet size.

Name	Al Bumín
DOB	June 1, 1993
Diagnosis	Crohn Disease, 2003
Location	Terminal ileum, R colitis, L colitis
Extraintestinal manifestations	Mouth ulcers
Family Hx	Yes
Medical problems	Asthma
# Adm date last	Twice. Last one in 2005
Meds	Remicade, Flagyl
Alt Meds	Probiotics
Immunization Routine	up-to-date
TB	Negative
Height	185 cm
Weight	63 kg
Bone status	Bone age normal, August 2003
Scopes	Upper endoscopy, colonoscopy, August 2005
Imaging	Small bowel follow-through, 2003, inflammation in the ileum
Bloodwork	1X q2 months
HACA	negative
Coverage	Parents' work insurance (Sunlife)
Paediatrician	Dr. Seuss, 416-123-1234
GI ped	Dr. Griffiths, 416-111-1111
GI adult	Dr. Silverberg, 416-222-2222
Pharmacy	Shoppers, 416-333-3333
In Case of Emergency	Mom and Dad at 416-444-4444
Date Created	10/01/2009 www.sickkids.ca/MyHealthPassport



Resources to help you along the way:

IBD Resources

Crohns and Colitis Foundation of Canada: www.cffc.ca

IBD University: www.ibdu.org

The Gutsy Generation: www.thegutsygeneration.ca

UC and Crohns Teen Site: www.ucandcrohns.org

Canadian Society of Intestinal Research: www.badgut.com

March IBD Care Foundation: www.marchcares.com

Canadian Digestive Health Foundation: www.cdhf.ca

Crohn's and Colitis: Understanding and Managing IBD
By Hillary Steinhart

Crohn's and Colitis Diet Guide
By Hillary Steinhart and Julie Cepo

SickKids resources

AboutKidsHealth: www.aboutkidshealth.ca

Child Physiology: www.sickkids.ca/childphysiology

MyHealth Passport: www.sickkids.ca/myhealthpassport

SickKids Foundation CarePages: www.carepages.com/sickkids

Healthy living

Canada's Physical Activity Guide: www.phac-aspc.gc.ca/pau-uap/paguide/index.html

Government of Canada Healthy Canadians: www.healthycanadians.gc.ca

Canada's Food Guide: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Society of Obstetricians and Gynecologists of Canada: www.sexualityandu.ca

Government

Canada Revenue Agency: www.cra.gc.ca

Health Canada: www.hc-sc.gc.ca

Ministry of Children and Youth Services: www.gov.on.ca/children

Service Canada: www.servicecanada.gc.ca

Telehealth Ontario: 1-866-797-0000

Trillium Drug Program: www.health.gov.on.ca/english/public/pub/drugs/trillium.html 1-800-575-5386

General

Canadian Paediatric Society: www.cps.ca

The College of Physicians and Surgeons of Ontario: www.cpso.on.ca 1-800-268-7096 ext. 306

LifeLabs: www.mdscx.com 1-877-849-3637

MedicAlert: www.medicalert.ca 1-800-668-1507

TeenHealthFX: www.teenhealthfx.com

Please feel free to ask a member of the team for specific information about resources.

Help them grow... so they're
Good 2 Go!



Check inside for a timetable of ideas

		For parents		
		Birth to 3 years old	4 to 7 years old	8 to 11 years old
General	<ul style="list-style-type: none"> Let your child know the world is a good place Give your child choices Apply for a Trillium drug plan or special funding if needed Keep your child's immunization up-to-date 	<ul style="list-style-type: none"> Give your child choices so he learns to make decisions Be consistent so your child knows the consequences of his behaviour and choices Encourage creative play of hospital experiences with puppets or dolls 	<ul style="list-style-type: none"> Recognize your child's increasing need for independence Encourage your child to express needs and wants 	
	Social	<ul style="list-style-type: none"> Participate in community support groups and activities Network with other parents Encourage normal daily activities such as going to the park and joining a playgroup Set limits for your child to help develop positive behaviour 	<ul style="list-style-type: none"> Let your child learn what he likes to do by exposing him to different leisure activities Encourage your child to play with others Recognize and encourage your child's increasing need for independence Gradually assign your child more responsibilities like setting the table and cleaning up Limit screen time (TV and video games) Celebrate your child's achievements 	<ul style="list-style-type: none"> Encourage talents, hobbies, leisure and physical activities Encourage friendships with children around the same age as your child Participate in community activities and fundraising Teasing and bullying may be an issue. Speak to someone
Self-Care	<ul style="list-style-type: none"> Set a consistent routine and schedule for your child 	<ul style="list-style-type: none"> Follow a daily routine with your child Teach your child daily skills such as hand washing and brushing his teeth Make medicine time a part of daily routine Start to teach your child personal information, such as address and phone number, and how to call 911 in case of emergencies Toilet training can be a challenge with IBD; provide encouragement Utilize our Child Life Department. They can teach you and your child techniques to swallow pills if this is a concern 	<ul style="list-style-type: none"> Teach your child symptoms such as tummy pain, rectal bleeding, and the IBD team Promote healthy eating and encourage your child to participate in meal planning Involve your child in preparing meals. Use proper names of medications 	
	Education	<ul style="list-style-type: none"> Read to your child everyday 	<ul style="list-style-type: none"> Discuss your child's health-care needs with school teachers Ask if an Educational Assistant is available to help with bathroom trips Talk to the IBD team about precautions with some of the medication your child is taking 	<ul style="list-style-type: none"> Keep track of your child's health and if he has difficulties meeting goals Set structured homework and encourage your child to complete it, but be available for when needed Talk to your child about what he grows up to be
Medical	<ul style="list-style-type: none"> Develop good relationships with your child's IBD team Learn about your child's medical condition Keep a record of your child's medical history Plan ahead for travel, including having enough medicines and formulas for your time away 	<ul style="list-style-type: none"> Teach your child what his condition is called Prepare your child for clinic appointments and procedures using creative play-acting or drawing 	<ul style="list-style-type: none"> Help your child understand his condition. Pictures and role-play can be helpful Encourage your child to know when to ask questions during clinic visits <ul style="list-style-type: none"> Navigate through IBD-related information with your children Create a MyHealth Plan for your child. Visit www.sickkids.ca/myhealthplan 	

As your child grows, continue with the suggestions from earlier years. Consider your child's unique developmental needs.

For teens / youth

1 years old

12 to 15 years old

16 years and up



- Speak up for yourself. Talk to your parents, teachers or IBD team if something is bothering you
- Look for positive role models you can relate to
- Talk with the IBD team about your health
- Participate in grocery shopping and healthy meal preparation
- Recognize your bathroom needs. Carry an air freshener or wet wipes if you need to
- Ask questions about bodily changes you are noticing
- Stress can make your symptoms worse. Learn about ways to cope, like breathing exercises

- Join camps or community programs
- Choose who you would like to share details of your medical condition with
- Some people are small for their age because of their IBD. If teasing or bullying is a concern, speak to someone you trust.

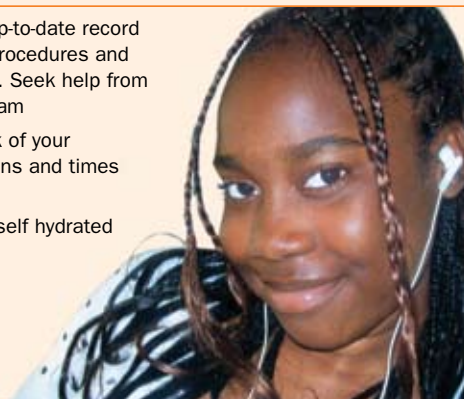
- Get to know details of available drug plans in college and university
- Think of yourself as a role model and a mentor to younger children.
- Find out whether you will be covered by your parents' drug plan or Trillium drug plan when you turn 18
- Visit an adult care facility
- Attend a SickKids Teen group session
- Celebrate your "graduation" to adult care. Ask for your SickKids graduation certificate!

- Participate in community programs for adults that match your interest
- Join a young adult IBD support group in the community
- Talk about relationships and sexuality with someone you trust.

as of illness such as diarrhea, vomiting and fever, and when to call

- Consult the IBD dietitian for counselling on meeting your caloric needs
- Set up your own routines, such as taking medicines and keeping a pain and stool diary
- Learn about words like "flare-ups" and symptoms that come with them. You may even find your own words to describe how you feel
- Keep track of your appointments. Know what your "inflammatory numbers" are
- Plan ahead for trips to fit your health-care routines, for example, taking your medications with you to evening and weekend activities
- Speak to the IBD Social Worker if you are feeling depressed

- Keep an up-to-date record of tests, procedures and medicines. Seek help from the IBD team
- Keep track of your prescriptions and times for refills.
- Keep yourself hydrated



progress in school. If your child is not meeting grade-level expectations, seek help from your teacher. Encourage independence, and encourage your child to take responsibility for their own health. Encourage your child to take responsibility for their own health. Encourage your child to take responsibility for their own health.

- Start to set career goals
- Volunteer or get a part time job
- Take interest in current IBD-related research by speaking to your IBD team
- Listen to your parents call in to the IBD clinic about your symptoms
- Learn and practice explaining your medical condition to teachers, camp counsellors and nurses who need to know

- Speak to your nurse about school scholarships that may be available through the IBD program
- Looking for work? Go for career counselling, shadow someone at their job, attend job fairs
- Research your medical condition. Make contact with others who have already transitioned to adult care
- Start to make the calls about your symptoms yourself

and more about his medical condition. Reading materials may help you understand the IBD team; ask your doctor about clinic visits and related kid-friendly websites

- As your body grows, your medicine dosages may change. Speak to your IBD team members
- Start attending some of your medical appointments by yourself. Prepare a list of questions and issues to discuss
- Increase your knowledge of your medical condition and understand reasons for tests
- Now is a good time to discuss eventual need for adult health care providers
- Discuss sexuality, puberty, parenthood, drugs, smoking and alcohol use with your IBD team
- Update your MyHealth Passport by visiting www.sickkids.ca/myhealthpassport
- Explore credible IBD-related websites

- Attend most of your medical appointments by yourself
- Be part of the decision-making about your health with your parents and IBD team
- Discuss the effects of alcohol and drug use on your medical condition
- Certain medicines may cause some pregnancy issues. Talk to your health-care provider about it
- Recognize and respond to IBD emergencies
- Update your MyHealth Passport by visiting www.sickkids.ca/myhealthpassport
- Carry your MyHealth Passport with you at all times

16 years and add new activities and responsibilities as appropriate. Use this as a guideline.

