

Healthcare Communication Log

[Child's Name] | Integrated Healthcare Communication Log

I. THE ESSENTIALS (Permanent Reference)

- **Primary Diagnosis/Focus:** [e.g., ASD Level 1, Chronic Asthma, Post-Op Recovery]
- **Top 3 Medications:**
 - [Drug Name/Dosage/Frequency]
 - **Emergency Contact/Pharmacy:** [Name & Phone Number]
 - **The "One Thing" to Know:** [e.g., "Always uses a weighted lap pad during exams" or "Non-verbal when stressed."]

II. SYMPTOM & TRIGGER CONTEXT (The "Why" Tracker)

Instead of just marking a symptom, use this section to show the 'Before and After' to help doctors spot patterns.

Date/Time	Symptom (What happened?)	Context (Activity/Food/Environment)	Response (What did we do?)	Outcome (Did it help?)
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III. PROVIDER COLLABORATION HUB

Use this to bridge the gap between specialists (e.g., what the PT said that the Pediatrician needs to know).

- **Last Visit With:** [Provider Name/Specialty]
- **Key Finding:** [e.g., "Increased muscle tone in right leg noticed."]
- **New Instruction/Change:** [e.g., "Switching from 5mg to 10mg nightly."]
- **Questions for the Next Provider:**
 1. [Insert question here]
 2. [Insert question here]

IV. THE "BASELINE" CHECK (Quality of Life)

Check these off daily or weekly to give the doctor a high-level view of stability.

- **Sleep:** ☐ Restful ☐ Frequent Waking ☐ Difficulty Falling Asleep
- **Appetite:** ☐ Normal ☐ Low ☐ Selective/Sensory Issues
- **Regulation:** ☐ Calm/Stable ☐ High Anxiety ☐ Frequent Meltdowns

How to make this page "Pro-Level":

1. **Print on Bright Paper:** Use a specific color (like light blue or yellow) so it stands out in a thick medical binder.
2. **The "QR" Trick:** If you use a digital tracker like the CareZone App or Guava Health, paste a QR code at the bottom of this page so the doctor can scan it to see your digital charts.
3. **Use "Red Flags" Only:** Use a red highlighter for the one line in the symptom log that concerns you the most so the doctor's eyes go there first.