

**Guidelines for use of MyHealth passports for young adult RCH patients.  
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MyHealth Passport is a resources developed by SickKids, The Hospital for Sick Children in Toronto, Canada. This resource is a wallet sized card that lists a young person's medical condition, treatments, medications, allergies, etc. The young person controls the information and is responsible for creating the passport, with the assistance from a health care professional to ensure accurate information. Young people are encouraged to carry this card on them and present to health care providers when required

***MyHealth Passport is designed to:***

- Increase the user's knowledge of their health condition and give them a sense of empowerment and ownership of their health
- Increase communication with medical staff when a young person presents to an emergency department or at outpatient appointment or when seeing a new doctor that does not know their health concerns or even in the event of an emergency for paramedic staff.
- Assist young people to develop self management skills through being informed of their own health care and taking responsibility for providing this information to relevant people when required.

***How can a Young Person create a MyHealth passport?***

Young people can log onto the website for SickKids <http://www.sickkids.ca/> Click on Health Professionals/Good 2 Go Transition Program/ Transition Interventions Menu/ MyHealth passport.

Or use the following URL to go straight to MyHealth passport link:  
<http://www.sickkids.ca/good2go/section.asp?s=Transition+Interventions+Menu&slD=19127&ss=MyHealth+Passport+&sslD=19130>

The Steps to follow to create a passport are simple and easy to use.

***When should the MyHealth passport be introduced to young people?***

- The introduction and use of a passport is not mandatory, rather a voluntary option for young people to use as a source of information to others about their health care, and also an education tool for their own self knowledge of their health care.
- There is no identified age limit for the use of these passports.
- Individual RCH departments may decide that they introduce this as a part of transition processes from early adolescents, at the age of 13 or 14 years of age. Some diagnostic groups may necessitate young people knowing this information and having this level of responsibility at a different age (either younger or older) so this is a completely individualized process and will vary for each person.
- Ideally this would be introduced long in advance of transfer to adult health care.

***Who is responsible for the MyHealth passports?***

- The MyHealth passports should be created by the young person, with a health care professional who knows their medical history to assist to ensure the information submitted is correct.
- The young person needs to be at the keyboard and responsible for typing in the information (where developmentally and practically appropriate) and the health care professional checking the information before the passport is saved and printed. .

- This may be done in a clinic or outpatient appointment and at an age that is appropriate for the young person to take some ownership of their own health care. It may mean arranging an extended consultation for this purpose.
- As this passport belongs to the young person, the level of information on the passport needs to be what the owner feels comfortable with.
- The young person is solely responsible and liable for the passport and its content which means that they need to ensure the information they input into the passport is the most accurate it can be.

***How can the young person keep the MyHealth passport?***

- The card can be printed and laminated and kept in their wallet or purse.
- If a young person's condition or medications have frequent changes, it may be worthwhile not laminating to allow for alterations are required.
- The final created passport can be e-mailed to the young person as a PDF file. This means the passport cannot be updated but in the event of needing to recreate a card, the PDF saved file has the relevant information to insert on a new passport to save time.
- A young person may choose to save their PDF file on their USB stick and have on them to use as required.
- The MyHealth passports cannot be saved and updated due to privacy reasons.

***How do we document about MyHealth Passport at RCH?***

- Given that this process is to support young people and the development of their own health care knowledge and responsibility, RCH does not require any formal documentation of this process. If a health professional assisted a young person to develop a passport, a copy may be placed on the medical UR if the young person consents or an entry to the medical UR stating a MyHealth passport was created with the young person will suffice.

***What if a young person creates their own MyHealth passport at home?***

- Young people may choose to create their own MyHealth passport at home and they are able to do this as the information, creation and use of the passport is entirely up to the young person.
- Health care professionals, who are informing young people of the availability of the MyHealth passport resource, should encourage a young person to create the passport with a health care professional who knows their health care present to ensure accuracy and the opportunity for young people to ask questions about their health care.

***Principles of Use of MyHealth Passport:***

1. Introduce at developmentally appropriate age
2. Young Person responsible for creating MyHealth passport with assistance and guidance of health care professional when required.
3. Allow time to create MyHealth passport accurately.
4. Young people control the information on the MyHealth passport and who has access to this information.

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