

My Hospital Passport guidance notes

For people on the autism spectrum

Guidance notes for completion

This passport is intended to assist hospital staff to provide you with the best possible healthcare whenever you visit hospital, both as an outpatient and as an inpatient.

Use these guidance notes to help you, or your carer, to complete the passport with the most useful information for healthcare professionals when they are assessing and treating you. The questions listed are designed to prompt you to think about what might be important for you – don't just answer 'yes' or 'no', describe your needs and how these can be met.

When you have completed your passport, take it with you whenever you visit hospital and show it to the doctors, nurses and any other healthcare professionals you come into contact with. If you are admitted to hospital, ask the nurses to keep your passport with your notes at the bottom of your bed.

In the first year of the use of this passport, we will be evaluating the experiences of those who use this in a hospital. If you would like to participate in this evaluation, please send your name and contact details to policy@nas.org.uk, with 'Autism hospital passport' in the subject header.

Remember: You might be in hospital as an emergency, when the doctors and nurses need to treat you as quickly as possible, so only put in the most important information to allow them to help you.



Accept difference. Not indifference.

Personal information and contacts

Personal information

On the first page you need to fill in details about yourself.

You can find your NHS number on any correspondence with your GP or hospital. If not, please ask someone responsible for your treatment to complete this when you arrive in hospital.

! carry out any interventions.
Please keep this passport with my notes at the end of my bed and return to me when I am discharged.

Personal information

Name:

I like to be called:

Date of birth:

NHS number:

If I am admitted to hospital there are matters that will need to be dealt with urgently.
Please assist me by contacting:

If there is someone that it is very important for hospital staff to speak with about your care, fill in their name and contact details here. This could be your partner, your parents, your GP or Community Nurse, for example.

NHS number:

If I am admitted to hospital there are matters that will need to be dealt with urgently.
Please assist me by contacting:

Name:

Relationship:

Phone number:

Other people I would like you to contact in connection with my treatment and care:

Name: Relationship: Phone:

In this section, put the names and contact details of up to three other people that you would like the hospital staff to let know that you are in hospital.

Relationship:

Phone number:

Other people I would like you to contact in connection with my treatment and care:

Name: Relationship: Phone:

Name: Relationship: Phone:

Name: Relationship: Phone:

I have an Advance Directive: Yes ☐ No ☐

If you have made a statement about how you would like to be treated in certain circumstances – an Advance Directive – tick the relevant box.

Other people I would like you to contact in connection with my treatment and care:

Name: Relationship: Phone:

Name: Relationship: Phone:

Name: Relationship: Phone:

I have an Advance Directive: Yes ☐ No ☐

Accept difference. Not indifference.

Communication and pain



In order to help you, the hospital staff will need to gather lots of information.

How I would like you to communicate with me.



How can they get this information from you?

For example:

- > Can they ask you questions?
- > Do the questions need to be short and very specific?
- > Do they need to write things down for you?
- > Would you prefer pictures or symbols?
- > Will it help if they point at things or demonstrate things?
- > Whichever way they communicate with you, will you need a lot of time to think about the question before you can answer it?
- > Will they need to give you lots of time to reply to one question before asking you another one?
- > Would it be best if they ask your carer?

How I communicate.



How will you give them the information?

For example:

- > Will you talk back to them?
- > Will you need to write the answers down?
- > Would you prefer to use pictures or symbols?
- > Will you be able to point at things or demonstrate them?
- > Would you prefer that your carer answers the questions?

One of the ways that doctors and nurses know what is wrong with you and how to treat you is by your experience and description of pain.

They will, therefore, ask you lots of questions about pain and also ask you if you feel any pain when they examine you.

How I experience pain.



For example:

- > Do you experience pain?
- > Do you experience pain more or less than other people?
- > If you don't experience pain, how do you know when you are unwell or ill?

How I communicate pain.



For example:

- > Will you be able to tell the doctors and nurses that you have pain?
- > How will you tell them? What words will you use?
- > Will you be able to describe the pain?
- > Will you be able to point to where the pain is?
- > Do you become very quiet and withdrawn when you are in pain?
- > Or do you become very upset and maybe even angry or aggressive?

Causes and avoidance of distress

Hospital staff will need to examine you and carry out tests. This will involve touching you with their hands and using various equipment.

If you have any sensory or other issues that will need to be taken into consideration, describe them here.

Things I can't cope with that cause me distress.



For example:

- > Do you dislike people getting too close to you?
- > Do you have difficulty following instructions?
- > Do you find physical touch unpleasant or distressing?
- > Do you find the smell or feel of 'rubber' gloves unpleasant or distressing?
- > Some of the equipment will be hard and cold – will this be a problem for you?
- > Do you dislike bright lights, especially if they are shining in your eyes?
- > Do certain noises upset you?
- > Do you dislike tight things e.g. blood pressure cuff?
- > Do you dislike having your blood taken?
- > Will you find it difficult being in an enclosed space e.g. a scanner?
- > Do you have difficulty swallowing tablets?
- > Do you dislike certain smells e.g. bleach, faeces or urine?

How you can avoid distressing me.



For example:

- > Do you need your carer with you at all times?
- > How can the doctors and nurses best explain to you what they are going to do and what they want you to do?
- > Do they need to show you or demonstrate to you?
- > How close should they get if possible?
- > Would you prefer light touch or firm pressure?
- > Would you prefer cool or warm hands?
- > Do they need to warm the equipment first?
- > Can you cope with bright lights if you are given warning and support – what sort of support?
- > Can you cope with the unpleasant noise(s) if you are given warning and support – what sort of support?
- > Can you cope with tight things if you are given warning and support – what sort of support?
- > Can you cope with having your blood taken if you are given warning and support – what sort of support? Does anaesthetic cream help?
- > Can you cope with enclosed spaces if you are given warning and support – what sort of support? Would 'calming' medication help?
- > If you need the doctor or nurse to pause what they are doing, how will you communicate this?

Medication and medical history



My medication and my medical history.

List all the medication you take including the dose and times.

Sometimes it can be unhelpful or even dangerous to make changes to or stop someone's medication without knowing all the right information.

If there is someone that hospital staff should speak with before making any changes to your medication, e.g. your GP or psychiatrist, put their name, role and phone number here:



Please don't make any changes to my medication without first talking to:

Name:

Role:

Phone number:



List any medical problems you have now or have experienced in the past, for example:

- > Epilepsy
- > Diabetes
- > Asthma

Also list any allergies you have, for example:

- > Certain medications such as antibiotics
- > Adhesive plasters
- > Latex
- > Iodine

Other things



Other things you should know about me.

Use this section to list other things that it will be helpful for hospital staff to know about you.

For example:

- > Any routines or rituals you need to follow, such as meal times
- > Any special interests you need to follow, such as TV programmes
- > Any sensory needs that you haven't mentioned already
- > Anything else that might cause you distress or anxiety
- > Do you need help washing or dressing?
- > Any spiritual or cultural needs



The National Autistic Society
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Switchboard: **020 7833 2299**
Autism Helpline: **0808 800 4104**
Minicom: **0845 070 4003**
Email: **nas@nas.org.uk**
Website: **www.autism.org.uk**
