



Lifelong Personal Health Record™ (LPHR) Healthcare Recordkeeping for Children

Children are the future. Getting them off to a good start in life has become more and more challenging as we learn about what really goes on in their formative stages. Hardly a day goes by without some new revelation. Parenting represents a major learning experience and adjustment for those who have never gone through it before. However, even for experienced parents, there are enough new things to make raising children challenging especially when dealing with things that make each one their own unique little individual. LPHR is designed to help parents manage the health of their children.

Role of Recordkeeping in Managing Children's Health

The foundation of management is based upon recordkeeping, tracking, assessment and change. Contrary to popular belief, children are not born with a totally clean slate that is changed by their environment as they go through life. Now we learn that even at conception, lifestyles of parents can have an impact on genes that are then transmitted from generation to generation. As the child develops in the womb, the mother's nutrition, exercise, stress, habits and more impact both development and future health. Who would think that a mother who loves peanuts could cause a peanut allergy in her child? Finally, coming into the world is very stressing and there can be complications. Lifestyles of parents and issues during pregnancy and delivery are things that can be recorded in a child's LPHR. They may help to explain health problems later in life. The list of possibilities continues after birth when there are startup issues and adjustments to make. Even minor ones can contribute to health conditions. LPHR is designed to aid in monitoring and tracking things that can be forgotten and overlooked.

Keep Score with LPHR

It is hard to predict when something will surface that was triggered by something that occurred earlier, sometimes even months or years before. LPHR is flexible and can be used in different ways to record information. The important thing is to use it to keep notes that will serve as reminders when the unexpected, but inevitable, ultimately happens. As healthcare continues to get more and more complicated with more and more choices, there is a greater chance for errors and omissions. All of the contributors to children's health work together as a team. They must help each other. There is no sitting back while others overlook something important or repeat something that was already done. LPHR serves as a checklist to avoid mistakes before the fact.

Examples of Applications of LPHR for Children

Here are a few things to help you get started with LPHRs for your children. References are made to the various tabs or sections in the LPHR program.

- **Family History** - the place to identify things that may have been inherited. Some things may be more likely or obvious than others, and it is difficult to predict what will prove relevant. There is a free form notes field that can be used to record whatever comes to mind. For example, someone who works in a chemical plant could have damaged DNA. Mention this in the Notes.
- **Vital Signs** - Before giving birth, expectant mothers can use this section to keep notes on their doctor's visits. Simply enter the Date and use the fields to record information about the mother. Comments from the doctor can be entered in the NOTES field. After the baby is born, use this section to record the baby's progress.
- **Allergies/Illnesses/Injuries** - It is important to make notes even about minor conditions and problems that are observed. This is especially true for infants and small children who cannot talk and explain what is wrong with them. For example, repeated colds can be accompanied by severe ear aches that require treatment. When any condition results in a visit to a doctor, be sure to add information to the ENCOUNTERS section of LPHR.
- **Immunizations** - Infants and pre-school children have more frequent doctor's visits and usually receive one or more shots each time. With all of the discussion about autism, it is important to track when shots are given and to make sure that any boosters are given at correct intervals. Consult www.CDC.gov and www.NIH.gov for more information.
- **Encounters** - Enter information about checkups, tests, evaluations, surgeries, treatments and follow-ups. Use the RESULTS field to record any instructions that you are given. LPHR can automatically update your Microsoft Office Outlook calendar with reminders of upcoming appointments and medication refills.
- **Medications** - This is also a good place to record use of baby vitamins and formula.
- **Other Sections** - You will also need to make entries in other sections. Some of them such as **Health Care Providers** are used to enter information that will appear in drop-down lists on other sections including the ones shown above.

This should give you ideas and help you get started. Begin with what is most important to you. Learn as you go along and do what is most comfortable. There is no right or wrong way.

Share Your Information

LPHR is a communications tool. It helps people remember. Printout a summary report and take it along when you take your child to see their doctor.

Don't Have LPHR?

Go to www.LifelongPHR.com. Download and install the free evaluation copy and try it out. When you are ready, buy a license and unlock the software's full capabilities. Add to the data that you have already entered.

Need help?

Send us an email: support@LifelongPHR.com