



PASSPORT TO WELL-BEING • CHECK LIST

Navigating the ER



PERSONAL EMERGENCY PLAN

Prepare a **Personal Emergency Plan** with the staff at your Hemophilia Treatment Centre (HTC). Prepare several copies of the plan and keep them where you can find them quickly in an emergency – on the fridge, by the phone, in your car and in your Emergency Pack. Be sure to update your plan each year during your annual visit to the HTC. **By taking an active role in preparing for visits to the Emergency Room you will receive a *Navigating the ER* visa stamp in your passport.**

PLEASE TICK THE BOXES THAT APPLY TO YOUR SITUATION:

- FactorFirst card updated
- Personal Emergency Plan updated
- Emergency Pack ready at home

ITEMS BELOW REVIEWED WITH NURSE COORDINATOR

- When to go to the ER
- Who to contact before going to the ER
- Where to go
- What to take with you (FactorFirst card, Emergency pack, etc)
- What to say to the ER staff (precise information about bleeding disorder, product, etc)
- What to do in difficult situations

Nurse Coordinator _____

Patient _____ DATE _____