

# Cliniq Companion

*Maximizing Clinic visits*

*First edition*

A Medical Journal Template by  
Queen UgoChinyere Alu (Enya AkpuruanyaChukwu)

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This framework is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

# About

Hi my name is Queen Ugochinyere Alu (Enya AkpuruanyaChukwu)

I am a resident physician in Nigeria pursuing a cardiology specialization. As a clinician, I often listen to clinic patients in tertiary hospitals recount the distance they have traveled to arrive at the hospital and bargain for longer appointment intervals. I have also seen patients lose critical medical information for a variety of reasons including losing their hospital cards, relocating to different regions, and having missing folders. Often, patients recall symptoms they had at home when the consultation is over. Sometimes patients inadvertently take the wrong medication dosages while at home.

The solutions to these problems are complex and rely heavily on government. However, encouraging documentation from patients can maximize each contact they have with the healthcare sector and mitigate the impact of relocation and missing cards or folders. Cliniq Companion is a journal template that provides prompts to encourage effective documentation from patients and their carers. I have added some mnemonics I created for health education and links to websites with helpful information for patients.

Cliniq Companion is free, the idea is for users to adapt the general ideas it shares to their diary, notes app, or any exercise books. I will add updated features to the framework as time passes and these updates will be free as well.

I am open to feedback about this work. Email me at [cliniqcompanion@gmail.com](mailto:cliniqcompanion@gmail.com)

This work is dedicated to my mum, Mrs Sophie Eziinne Alu who has always inspired me and is my role model.

This work is also dedicated to my family, being a carer to some of them inspired some ideas behind this work.

Lastly, this framework is dedicated to all patients I have met in practice.

## Owner Profile

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Name \_\_\_\_\_

Phone numbers \_\_\_\_\_

Address \_\_\_\_\_

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Blood group \_\_\_\_\_

Haemoglobin \_\_\_\_\_

Genotype \_\_\_\_\_

Next of Kin

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_

## Hospital Name and Hospital Number

Write your hospital number(s) here and also save it somewhere else, eg send as text message to yourself or your family, save in your email or any cloud-based service, or save as a contact in your phone.

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## Other numbers (eg NHIS)

Write these number(s) here and also save it somewhere else, eg send as text message to yourself or your family, save in your email or any cloud-based service, or save as a contact in your phone.

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## *Emergency Contact*

If your state has an emergency service, save their number here and in your devices

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## Allergies/Other Important Information

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## *Important Dates*

Examples: Last Menstrual Period,  
Expected Date of Delivery,  
Date of Commencement of a Treatment,  
Date of a Diagnosis

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## *Important Dates*

Examples: Last Menstrual Period,  
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Date of Commencement of a Treatment,  
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## Appointment Dates

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## *Checklist for Clinic Visit*

This can vary but may include, your medications,  
results of your investigations,  
your questions or concerns

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# Current Prescriptions: Names and Dosages

# Include Date Last Updated

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## Include Date Last Updated

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## Include Date Last Updated

## *My Diagnosis and Resources*

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## Details of Previous Diagnosis, Admissions, Surgeries Pregnancies or Deliveries

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# Summary of My Key Investigations

Consider Taking Pictures and/or Making Photocopies of  
Your Key Investigations

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## Diagnosis-Specific Precautions/ Medications-Specific Precautions

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## Diagnosis-Specific Precautions/ Medications-Specific Precautions

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Are there diseases I should screen for in the  
Context of my Medical and Family History?

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Any Other Disease  
Screening Advice?

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# Details to Inform My Healthcare Provider in my Next Visit

Home Results - eg  
Blood sugar or Blood pressure

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Home Results - eg  
Blood sugar or Blood pressure

Reminders for Vaccination

(For Children)

Refer to Nigeria's immunization schedule

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Reminders for Vaccination (Adults)  
Refer to Nigeria's immunization schedule

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## Links to Sites For Health Information and Patient Education

Nigerian Centers For Disease Control

<https://ncdc.gov.ng/>

World Health Organization

<https://www.who.int/>

National Agency for Food and Drug  
Administration and Control

<https://nafdac.gov.ng/>

Medline Plus

<https://medlineplus.gov/>

United States Center for Disease  
Control

<https://www.cdc.gov/>

Follow these sites on social media

# Links to Sites For Health Information and Patient Education

Parent Information from United States Center For Disease Control

<https://www.cdc.gov/parents/index.html>

Child Safety Tips from United States Center for Disease Control

<https://www.cdc.gov/parents/children/safety-in-the-home-and-community.html>

Follow these sites on social media

## Links to Websites For Health Information and Patient Education

Pregnancy Information from United States Center For Disease Control

<https://www.cdc.gov/pregnancy/during/index.html>

Newborn and infant care tips from United States Center for Disease Control

<https://www.cdc.gov/parents/infants/index.html>

Follow these sites on social media

# Preventive Medicine Mnemonics

## *Diabetes Foot Care- ABCDE*

A- Adhere to medication, checkups and diet/Avoid heat sources on feet

B- Barefoot walking should be avoided

C- Comfortable footwear, never wear tight fitting shoes

D- Daily foot examination - Examine your foot daily including in between your toes

E- Early presentation to the hospital in the case of injury, even if trivial

Read more about foot care in diabetes from Medline Plus

<https://medlineplus.gov/diabeticfoot.html>



# Preventive Medicine Mnemonics

## Hypertension - ABCD

A- Adhere to your medications and checkup visits if you have been diagnosed with Hypertension. Don't stop your medications because you don't have symptoms. In most cases, hypertension does not give symptoms.

B - Blood Pressure check: Discuss with your healthcare provider about screening for hypertension

C- Create awareness about hypertension in your community.

D- Diet and Lifestyle: Maintain a Healthy diet and lifestyle. Stay active. Cut down salt.

Learn more about hypertension from Medline Plus

<https://medlineplus.gov/highbloodpressure.html>

Also learn more from United States preventive Services Task Force

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hypertension-in-adults-screening>



## *Preventive Medicine ABCD*

### *Hepatitis B Virus - ABCD*

A - Awareness : Stay aware of Your Hepatitis B Virus status through screening. Screen for Hepatitis C virus at the same time.

B - Be Vaccinated: The Nigerian Immunization Schedule for children includes free vaccination against hepatitis B virus. Speak with your Healthcare provider about hepatitis B virus vaccination for both children and adults.

C- Communicate: Communicate with your Community about the Hepatitis B Virus. Encourage Pregnant Women to seek antenatal Care and delivery in a health facility.

D - Don't share sharp objects: Avoid scarification marks, female Genital Mutilation, cutting of the Uvula and other harmful cultural practices that involve sharing of sharps. Avoid quacks and other groups who use unsterilized instruments for multiple people.

Read more about hepatitis B virus from Medline Plus

<https://medlineplus.gov/hepatitisb.html>

## *First Aid*

The best way to learn CPR and AED use, and first aid is onsite, however you can watch demonstrations here:

International Liaison Committee on Resuscitation World Restart a Heart Day materials page

<https://ilcor.org/wrah/materials-wrah>

European Resuscitation Council YouTube Channel

American Heart Association YouTube Channel

*Thank you*