



SELF HELP

Medical identification: what to carry in case of emergency

It is very important that you carry some form of medical identification with you at all times once you are diagnosed with Hughes/antphospholipid syndrome.

Medical ID lets people know what your medical condition is, the current treatment you are on, your medical history and emergency contact details.

In an emergency, if you are unable to communicate for yourself, and there is nobody around to explain for you, some form of medical ID can save vital time in identifying what is wrong with you.

Paramedics, Accident and Emergency staff, St John's Ambulance and the Red Cross are all trained to look for medical ID.

There are several types of medical ID for you to choose from:

ID cards

A medical ID card is about the same size as a credit card and can be kept in your purse or wallet. Made from hard-wearing plastic, the ID card contains details of your condition, medication and important contact information. Our charity has teamed up with MediPAL (www.medipal.org.uk) to offer medical ID cards to our members at a discounted rate which includes two free updates. Please contact abbie@medipal.org.uk for more information.

Jewellery

There are many different types of medical ID jewellery available including necklaces, bracelets, watches and wristbands. All carry the international symbol of medicine (a snake coiled around a staff) on the front so it should be easy for people to recognise. You can engrave your medical information on many of the bracelets and necklaces and can also find talisman necklaces which contain waterproof paper for you to write your own details on. Wearing medical ID jewellery around a pulse point (either your neck or wrist) will make it easier for the emergency services to find.

ID tags and straps

Designed to be worn during activities with the medical information being held inside, these tags can be fixed to the shoes of runners, cyclists, mountain bikers and walkers with the bonus they are waterproof and reflective, while the helmet tags can be used by cycling commuters. The straps were developed by the police and paramedics and fit to your car seatbelt, containing your ID inside.

In Case of Emergency (ICE)

A campaign still running in the UK encourages people to enter a number in their phone's memory under the heading ICE so that paramedics can use it to contact a friend or relative who is aware of your medical condition and current treatment.