

For my medication, care and treatment I want:

The minimum dose of medication required to ameliorate my condition.

Though not ideal, Olanzapine is the one medication I would favour in an emergency.

If required, Lorazepam would be another option I would accept.

Please ensure I am hydrated

I need an explanation of what medication I am getting and will get to maintain me, as well as the possible side effects and contraindications and for how long and why.

I want an explanation of the reasons why people/staff are dealing with me.

Treatments that have worked well for me:

I would benefit from Talking and Music Therapies that I find to be cathartic.

If I lack hydration or pain relief, I can exhibit symptoms of confusion and disorientation and can be inarticulate and confrontational so prevention is better than cure so I need to be helped with hydration and pain relief, i.e. tramadol and pregabalin

For my medication, care and treatment I do not want:

*E.C.T.
Risperdal
Quetiapine
Haloperidol
Morphine*

No medication, which renders me unconscious or unable to articulate.

I do NOT want to be included in any trials for any medications, which have not already been tried and tested

If I am admitted to hospital ...

My Next of Kin is my half brother, [REDACTED] who is not able to be near in crisis but must be kept informed about me. He is the only family member to be involved in my case.

My Power of Attorney is [REDACTED] should be informed.

*I want [REDACTED] (Named Person), though mostly based in Bristol now
Tel: [REDACTED] to be told as soon as possible.*

*I also want [REDACTED] to be told as soon as possible and to take on
any Named Person duties if [REDACTED] is not available.*

Things that would support my recovery

I need my own space as people in constant close proximity and loud noises serve to increase and feed my paranoia.

Stress/fear/ hearing voices /suspicion is alleviated by music, essentially classical.

As I am significantly time unaware I have my radio on continuously on Radio 4 or other time alerted channels.

Being in green surroundings, which are easily accessible, and having someone available to help me with access in my wheelchair.

Additional Information

My Power of Attorney, [REDACTED] will take care of my mail and finances.

Do not introduce any additional neuroleptics or antiepileptic mood stabilizers to my current regime

Putting me in bed when distressed only adds to my distress and pain levels and being supported in a chair is much more de-stressing for me.

My Crisis Plan

I want to be left alone as much as possible and avoid contact with too many people and loud noises.

I feel greatly calmed by soft classical music e.g. Chopin's Nocturnes being played to counteract other "difficult noises" experienced.

I do not want to be given mixed messages.

Do not patronise me or mislead me but explain why and what is being done for me

I require all reports and communications between the Health Professionals dealing with me to be copied to me as I come from a medically trained background and am not fazed by such information but would benefit pragmatically from it being shared with me.

As such, I want to be included in drawing up and carrying out my identified Treatment Plan.

My other health needs:

Unless provided with aids, I am unable to feed myself or drink due to neuropathy in hands and difficulty in movement of upper limbs.

I now favour using my left hand because of this.

Attention needs to be paid to my need for pain relief to address my immobility of joints and spine.

Account should be taken of the fact that my vision now is greatly compromised and I am unable to read lengthy documents, even if a large (20) font is provided.

My neck is rigid so I cannot turn round and can ONLY communicate with others if they face me directly.

I can no longer weight bear.

I am time unaware and require prompting for basic living requirements.

My memory is very poor and it is important to write things down for me.

I am unable to move once prone in bed and my pain levels are too high and my psychosis too frightening to permit me to sleep more than 3-4 hours.

If I am not moved during the night I become very immobile for the rest of following day.