

5 - 08 Prevent Medical Error Patient Safety Information Medic Alerts and Medication Lists:

Medic Alerts, Emergency medical info & Medication Lists:

Medic Alert ideas: Retrofit existing jewelry for Medic Alert Charms.

Other suggestions: Dog collars come in different colors and are low cost
Ribbon, Leather or string can also be used to attach Medic Alert info

USB thumb drives for Emergency Medical Information & Medication List: Keep it short and simple—scan a current photo; pharmacy receipt; vaccine records; and/or PCP patient information. Include over the counter medications, supplements and herbs.

Some suggestions on what to information to list:

- Allergies,
- blood type;
- previous Adverse Drug Events and allergies/sensitivities, and contraindications.
- The name and contact information for your emergency contact
- A copy of pharmacy receipts for all prescriptions or a pharmacy report of prescriptions

Staples, copy centers and other office supply stores offer low cost scanning. USB drives can be worn around neck or attached to a key chain, preferably with a medic alert charm.

Print out hard copies for all providers including pharmacist(s), dentist and optometrist.

If your Medication list is short or if there are life-threatening allergies, the medication has special instructions, warning etc.:

- Copy the portion of a pharmacy receipt that has contact info, drug name and dose; or allergy info, name and contact info for you and your pharmacy.
- Make sure that the copy is business card size.
- Insert a current headshot photo on the receipt or the back.
- Print or type PCP name & contact info and emergency name & contact info on the back of the copy.
- Attach to opposite side of pharmacy receipt/ allergy info.
- Laminate and carry in a wallet, on a key chain or insert in a luggage tag and attach to a school bag ect.

Check and make updates to Medic Alert and Medication when necessary. Check at least once a year.

Who to ask for help:

- Pharmacists,
- Prescribers;
- If indicated register with nearby EMS regional offices and/or a local Paramedics – EMT's (fire station)

Contact information for Maine EMS regional and state offices:

1. Southern Maine EMS (Region 1: York, Cumberland, & Sagadahoc)

496 Ocean Street South Portland, Maine 04106

TEL: 207-741-2790 Fax: 207-741-2158 Email: smems@smems.org

Office Hours: Monday through Friday 8:30am - 4pm

Website: <http://www.smems.org/>

2. Tri County EMS (Region 2: Androscoggin, Franklin & Oxford):

300 Main Street Lewiston, Maine 04240

TEL:(207) 795-2880 Fax: (207) 753-7280 E-mail: lebrunj@cmhc.org

Office Hours: M-F 8:30 AM to 4:30 PM located in Central Maine Medical Center, Lewiston, Maine.

Website: <http://www.tricountyems.org/>

3. Kennebec Valley EMS (Region 3: Kennebec & Somerset)

71 Halifax St. Winslow, ME 04901

TEL (207) 877-0936 FAX (207) 872-2753 Email: office@kvems.org

Office Hours: Monday through Friday 8:00am to 4:30pm

Website: <http://www.kvems.org/>

4. Northeast EMS (Region 4: Hancock, Penobscot, Piscataquis, & Washington)

354 Hogan Rd. Bangor, ME 04401

TEL (207) 974-4880 FAX (207) 974-4879 Email: neems@emcc.edu

Office Hours: Monday through Friday 8 am - 4 pm

Website: <http://www.northeastems.org/>

5. Aroostook EMS (Region 5: Aroostook)

111 High Street Caribou Maine 04736

TEL: (207) 492-1624 or 1-888-492-1624 Fax: (207) 492-0342 Email: arems@maine.rr.com

Office Hours: Monday through Friday: 8:00 AM to 4:30 PM

Website: <http://www.reg5ems.org/>

6. Mid Coast EMS (Region 6: Lincoln, Waldo, & Knox)

Physical: South Union Road, Second Floor, Suite 13 *Thompson Community Center*

Mailing Address: PO Box 610 Union, ME 04862-0610

TEL 785-5000 Fax 785-5002 Email: office@midcoastems.org

Office Hours: 8:30 - 4:30 Monday - Friday. NOTE: Hours subject to change

Website: <http://www.midcoastems.org/>

State of Maine EMS: <http://www.state.me.us/dps/ems/contact.html>

TEL: (207) 626-3860 Fax: (207) 287-6251 Main Office Email: maine.ems@maine.gov

Office Hours: Monday to Friday, 8am to 5pm.