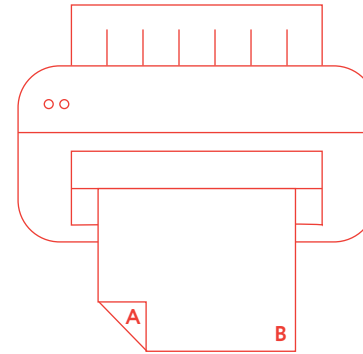


How to make a Passport by yourself?



1.

Fill in the required fields of the Passport (page 2), selecting them by clicking a mouse.



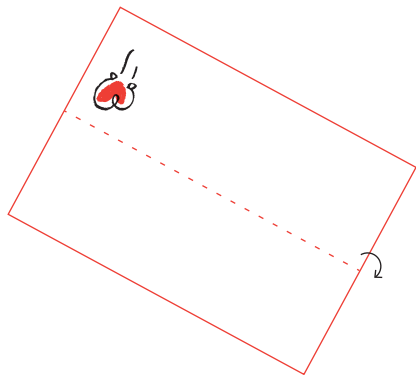
2.

Print "Patient's passport" on one side and "For those who are near" information on the other side of A4 sheet.

- FIT
- ACTUAL SIZE
- SHRINK OVERSIZED PAGES
- CUSTOM

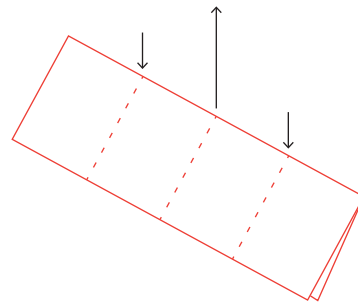
3.

Make sure you tick the box "Actual size" in the Adobe Acrobat pop-up window before printing.



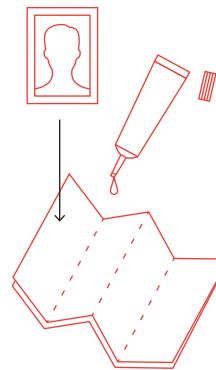
4.

Position the printed sheet so that the cover of the Passport is in upper left corner. Fold the sheet in half along the long side.



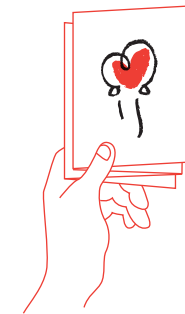
5.

Fold the resulting half of the sheet in half along the short side, then each of the halves in half again, as shown in the image.



6.

Glue in the photo of the patient in the resulting construction — "leporello".



7.

Patient must always have his Passport with him. In case of emergency show the passport to the doctor.



Patient's passport

Duchenne muscular dystrophy
• Live "vaccines" are contraindicated.
• Only for health emergency reasons.
• Intramuscular injections should be made
and don't require correction.

General notes

• High levels of CPK, LDH, ALT, AST — are
manifestations of the Duchenne dystrophy
• In case of respiratory insufficiency increase,
non-invasive artificial ventilation is needed
• Mucolytics (Ambroxol, Lasolvan etc.) are
contraindicated.
• Oxygen therapy is possible only with
acid-base balance control (can lead to cerebral
edema).

Injuries

• If there is a bacterial infection and / or SpO2
>95% antibiotics should be appointed.
• When SpO2 <95% rehabilitation of the
respiratory tract, the use of expectorant or
Ambu bag are needed.
• With age the risk of injuries increases due to
osteoporosis as a result of taking GCS.
• If there are signs of shock it is necessary to
take an anti-stress dose of GCS.

CLINICAL DIAGNOSIS /

progressive neuromuscular Duchenne
dystrophy. ICD Code — 10 G71.0.

COMORBIDITY /

BLOOD GROUP /
WEIGHT /
MUTATION TYPE /

RH FACTOR
HEIGHT /

CARE IS PROVIDED BY /

DATE OF BIRTH /
ADDRESS OF RESIDENCE /

NAME /

PHOTO

insufficiency and myoglobinuria.
• Depolarizing muscle relaxants are
contraindicated.
• With a proper control, intravenous
anesthesia is safe.
• Local anesthesia and nitrous oxide are safe.
• Succinylcholine, decamethonium, diethyl
ether, cyclopropane, methoxyflurane;
halothane; enflurane; isoflurane; desflurane;
sevoflurane are contraindicated.
• Approved for use: barbiturates;
benzodiazepines; opioids; nitrous oxide;
non-depolarizing muscle relaxants; all of local
anesthetic; etomidate; propofol; ketamine.

Breathing support

• In case of respiratory insufficiency increase,
non-invasive artificial ventilation is needed
• Mucolytics (Ambroxol, Lasolvan etc.) are
contraindicated.
• Oxygen therapy is possible only with
acid-base balance control (can lead to cerebral
edema).

*Before any action of the doctors,
bring the information in the Passport
to their notice!*

Hormonal therapy

• Admission of glucocorticosteroids (GCS)
should not be missed for more than 24
hours. If case of vomiting or inability to
swallow the tablets should be replaced with
intravenous injections.
• If you missed taking the hormonal drug in
the morning, the medication should be taken
not in the evening, but as soon as possible
after waking up on the following day.
• 6 mg of Deflazacort are equivalent of 5 mg
of Prednisolone.
• In the case of surgery, serious infection, or
trauma, anti-stress dose of GCS is needed.

Anesthesia

• Drugs for inhalation anesthesia are
contraindicated. There is a risk of
rhabdomyolysis, hyperkalemia, respiratory

ADDITIONAL INFORMATION /

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DOCTOR'S COMMENTS /

MEDICATION TAKEN /

ATTENDING DOCTOR /

For those who are near. What you need to know

This information about the special aspects of the lifestyle of boys with Duchenne muscular dystrophy is designed for family members, nannies, teachers - for those who are near.

Prescription and the dosage regimen of medications should be determined only by a doctor.

Information in your Patient's passport does not replace the consultation with a doctor. All recommendations should be taken into consideration only after your doctor's confirmation, especially in cases that require medical intervention. All actions from your side in response to the information provided in the Passport are on your own responsibility.

Medicated therapy. Glucocorticosteroids

Hormonal drugs (Deflazacort and Prednisolone) reduce muscle breakdown and help to prolong the ability to walk, hand function and respiratory musculature function, also they reduce the risk of scoliosis, cardiomyopathy.

Possible side effects: overweight, low stature, low immunity, changes in behavior (anxiety, provokity, and emotional lability), high blood pressure, stomach-ache, gastritis, and osteoporosis.

Cancellation of drugs and interruptions in hormone therapy without consulting a doctor can be hazardous to health. If you missed taking the hormonal drug in the morning, the medication should be taken not in the evening, but as soon as possible after waking up on the following day.

Medicated therapy. Heart

Cardiological drugs are prescribed before there are complaints. Application of ACE inhibitors (Prestarium, Kapoten, etc.), Diuretics (Veroshpiron etc.), Beta-blockers (Concor, Nebilet, etc.) is allowed.

Possible cardiological problems: impaired rate and rhythm of the heartbeat, increased blood pressure, and cardiomyopathy.

Nutritional supplements

Basic nutritional supplements: Q10, L-Carnitine, green tea extract, omega-3 acids, etc. Vitamin D and calcium are prescribed to prevent osteoporosis.

Drugs with unproven efficacy: amino acids, antioxidants, dietary supplements, and also nootropics and cardiovascular drugs, which when injected intramuscularly can damage the muscles. Anabolic steroids (Oxandrolone, etc.) and Botulotoxin A are contraindicated.

Breathing

If the following symptoms occur, immediately contact a doctor:

- general health problems (anxiety, drowsiness, lethargy, pallor, refusal to eat and play games;
- breathing problems (rapid, shallow breathing, shortness of breath, chest pain, lip cyanosis;
- hypoventilation symptoms — sleep disturbances, lethargy and headache in the morning, reduced stamina, problems with concentration;
- bronchitis;
- high temperature among children and adults with breathing problems.

In cases of bronchitis and pneumonia drainage massage is important at any age. Mucolytics are contraindicated (Ambroxol, Lasolvan etc.).

Nutrition

Hormone therapy increases the sense of hunger and can lead to excess weight. Meals should be regular and varied, fasting and "fasting days" are contraindicated.

Meat and fish, steamed vegetables and fresh fruit should prevail in the diet. Find replacement for the products that contain carbohydrates, such as soft drinks, fast food, juices, sweets, potatoes, etc. — they conduce to rapid weight gain. For additional sources of calcium increase the dairy products in the diet. Avoid excessive use of salt since steroids increase the water retention in the organism.

Physical activity

It is very important to maintain physical activity. It maintains the muscles function, reduces the development of contractures and scoliosis, and helps to absorb calcium.

Good activities — swimming (a combination of exercises and right breathing) and children's yoga (stretching, breathing, body control).

Going down the stairs or inclined surface is more damaging to muscles than going up. It is advisable to support the child while walking up the stairs

Using a balance bike, large wheelchair or electric scooter, depending on the age, allows to maintain the strength and energy during the day. Never allow children to play until exhaustion.

Physical therapy

Daily stretching supports the muscles and reduces the development of contractures. Even if you or the child is tired, do stretching. Five minutes of stretching and gymnastics is better than a day without an exercise.

It is recommended to do stretching when muscles are warmed up after a warm shower, for example. It is especially important to stretch the hamstrings, Achilles tendon, calf muscles and wrists.