

# SIEBENS HEALTH CARE NOTEBOOK

The *Siebens Health Care Notebook*, in a 3-ringed binder, helps patients manage their personal health information and their own health care.

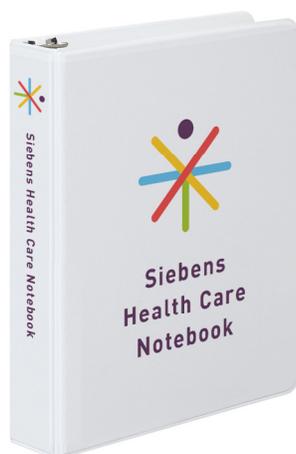
As an easy-to-follow time-saving tool, the *Notebook*:

- keeps essential personal health information in one safe place
- it's ready for use during regular *and* emergency health care visits
- new information is added (and old information removed) over time by patients, their families and/or health care providers.

The *Notebook* organizes patients' personal health information into four main sections, based on the simple, practical 4-part Siebens Domain Management Model (SDMM). See Research and Testimonials from patients and providers below and at [www.siebenspcc.com](http://www.siebenspcc.com).

Benefits:

- Empowers patients, caregivers, and providers to partner more effectively
- Helps doctors and other providers provide patient-centered care and convey information more effectively
- Facilitates patient follow-through
- Assists organizations in fulfilling accreditation standards



Updated version  
available soon!

*(continued)*

# SIEBENS HEALTH CARE NOTEBOOK

## RESEARCH

The Notebook concept was developed, and showed benefits, through two inpatient quality improvement projects that were published in 2001 and 2005. Since those studies, the Notebook has been refined. Two outpatient clinical programs are now using the *Siebens Health Care Notebook* with positive professional, patient, and family feedback.

CASE 1 - The Notebooks are given as part of an outpatient class to help women, treated for breast cancer, who have mild thinking problems. The program has been ongoing for several years.

CASE 2 - The Notebooks are mailed to patients in a clinical program of care coordination for individuals with Parkinson's disease. Nurse managers customize each Notebook and work with patients over the telephone. A study, published in 2015, describes the research protocol on this program and is available online.

More information is available in References at [www.siebenspcc.com](http://www.siebenspcc.com). For questions, like how to get started using these *Notebooks* in your programs, email [info@siebenspcc.com](mailto:info@siebenspcc.com). All questions and feedback are appreciated. Thank you.

## WHAT PEOPLE ARE SAYING...

### Patients and Families

"My doctors were impressed with my Notebook and that it's organized. They said it was a great idea. My wife makes notes and adds materials. I'm adding a calendar of steps preparing for my surgery. It's great having everything in one place. Just a great Notebook!"

*Elderly man*

"Dr. Siebens, with her Notebook, gave me the confidence to advocate for myself with my other providers. I was able to keep myself on a critical medication I needed to treat my HIV status. It likely saved my life."

*A man with several medical problems*

*(continued)*

# SIEBENS HEALTH CARE NOTEBOOK

“Dr. Siebens gave me back the power over my health care by giving me a Notebook. I had one place to keep everything from different doctors including lab tests. It was wonderful.”

*A woman, newly on Medicare insurance (after being uninsured)*

“I went through my Mother’s whole Notebook with both my father and her. I really like this Notebook. Thank you for providing it to her.”

*Out-of-town daughter visiting her parents*

“Would like to have received the Siebens Notebook at beginning of treatment. These ideas should be presented, in a general way, before chemo/radiation treatment.”

*A person with cancer*

On receiving a Siebens Health Care Notebook by mail, one patient responded: “I can’t wait to take this to my doctor appointment tomorrow.”

*Elderly man*

## **From Professionals**

“I need one of these for myself!”

*The Medical Director, a physician leader, of a large primary care practice*

“Your Siebens Domain Management Model served as a theoretical model for the structure of our pilot course “Aging and Personal Wellness” offered in the Spring of 2009 at George Mason University. We used the *Siebens Health Care Notebook* as a tool to help our older adult students assess and organize information about their own strengths and weaknesses in the four domains. The *Notebook* was well received by members of the class, several of whom brought in all of their personal health care information. We used a supplemental class to fill and organize their Notebooks.”

*Lisa J. Meier, PhD*

*Former Director, George Mason University Center for Psychological Services Fairfax, Va.*

*(continued)*

## SIEBENS HEALTH CARE NOTEBOOK

“Keep it going!”

*A neurologist on reviewing an very elderly man’s Notebook that the patient brought to the appointment.*

“I’m very impressed with this Notebook.”

*A doctor to an elderly man with Parkinson’s disease who brought his SHC Notebook to the appointment*

“It’s very stressful for families to have someone who’s sick – there’s fighting, tensions, etc. People don’t realize how much stress there is in the household. It would be so much better if they had something like the SHC Notebook - organized, getting everyone on the same page, not arguing is the appointment then or then; frustrations would be much less.”

*An experienced Social Worker*

“I wish our clients arrived with one of these Notebooks already started.”

*An Adult Day Program Nurse*

“ I have never seen anything like this, that has all the information organized in one place. This is great.”

*An experienced Social Worker affiliated with a NORC (Naturally Occuring Retirement Community for aging in place)*

“Patients need this. Electronic medical records have tons of information but it’s hard for us home health nurses to find what we need. And this is so much easier for families. Our organization needs this Notebook.”

*Home Health Nurse in a large integrated health system*

**For some stories...**

*(continued)*

# SIEBENS HEALTH CARE NOTEBOOK

## SOME STORIES

### **Taking Care of My Mother – Hilary C. Siebens MD’s Story**

My Mother started losing her memory and could no longer get to her doctor’s office on her own. She had a *Notebook*. So one day, I had to take time off from work to bring her to her doctor’s appointment. I was running late. We were in the elevator going up to his office. I asked her “What floor is he on?” expecting her to know the answer.

She had been coming for years by herself. She didn’t remember. For me, that was a first.

Semi-frantic, I took her *Notebook* from my shoulder bag, flipping it to the page for business cards. There was his card. The office was on the fifth floor. In the nick of time, I pressed 5. The doors opened. We arrived on time, thanks to her *Notebook*.

Two weeks later, I went to the pharmacy to pick up her prescriptions. There was no way my mother could do this. At 85 she was not only losing memory but also mobility. However, because I wasn’t my mother, the pharmacy clerk wouldn’t release the prescriptions.

I remembered that her *Notebook* was in my shoulder bag. (I took it everywhere when dealing with her health care.) It contained the Advance Directive allowing me to speak for her. I showed it to the pharmacy clerk along with my driver’s license. Problem solved. He gave me her medications.

### **Patients’ Stories**

Finding the Right Clinic! One patient and his family reported that they were rushing to a new appointment somewhere they had never been. They showed up to the wrong clinic. They showed the staff person their appointment card, kept in the plastic pocket in the *Notebook*, and were directed the right way.

## SIEBENS HEALTH CARE NOTEBOOK

Asking Questions! Another patient described how he had really learned to take charge, in a positive way. Through practice using the *Notebook* and asking questions, patients learn to express their concerns and needs more clearly.

For example, one man became worried about a change the doctor had proposed about his HIV medication. He was doing really well on the current medications.

Rather than ignoring his own concern, he spoke up. At his next appointment, he prepared and asked some questions of the doctor and his pharmacist. Based on their answers, he decided to not use the different medicine. His worrying was quickly resolved. He told me that this would never have happened before. He had learned from the *Notebook* to keep his information and questions organized.

---

Again, for any questions, including how to start using these *Notebooks* in your programs, please email [info@siebenspcc.com](mailto:info@siebenspcc.com). Thank you.