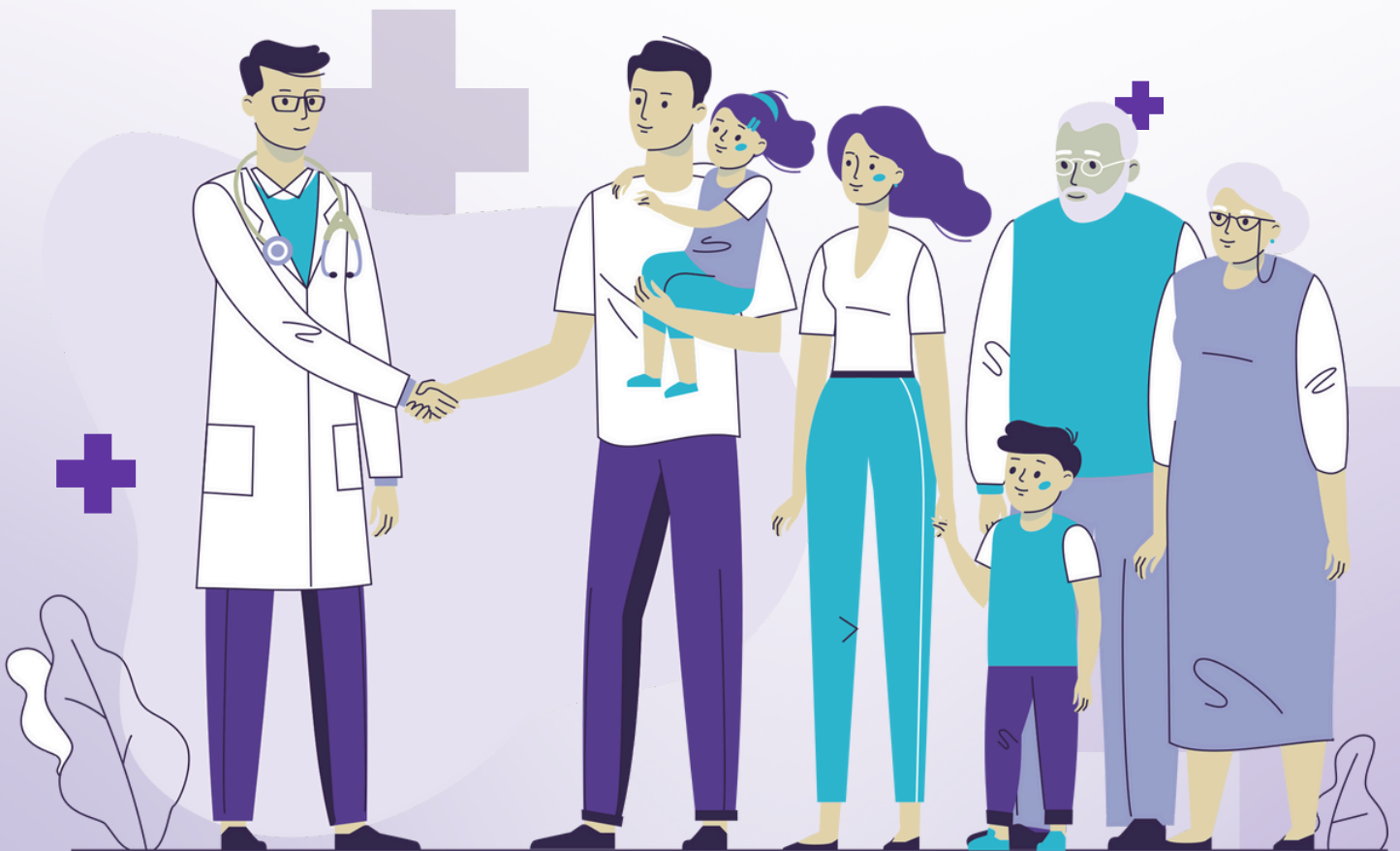




Family Health Organizer



Dr. Robin Dickinson

From Dr. Robin

Dear Parents,

Welcome! I'm Dr. Robin, and I'm thrilled you're taking this important step towards better managing your family's health. As a family physician and mom now teaching human biology for middle grade students, I understand the daily juggling act of keeping track of everyone's well-being.

This **Family Health Organizer** is designed to be your central, easy-to-use tool for bringing clarity, organization, and confidence to your family's healthcare journey.

We're here to support you every step of the way!

Dr. Robin



From Nurse Jill

Dear Parents,

Welcome to Dr. Robin's School—I'm so glad you're here!

I'm a registered nurse, tutor, and mentor and part of an amazing team dedicated to supporting our learners.

No matter why you're here, know this: you are not alone.

I'm here to help you navigate your journey with confidence. That might mean answering your questions, celebrating your wins (big and small!), or offering encouragement when things feel tricky.

With care and excitement,

Jill Cooper, RN, BSN

Aka, "Nurse Jill"

Director of Customer Happiness



Your First Steps

Getting started is simple. We recommend watching the **short video series** that accompanies this organizer. In those videos, Dr. Robin walks you through each page, explaining how to use it and why it's important.



Your First Steps

1. **Watch the Welcome Video:** Get an overview of the entire organizer.
2. **Print the Pages:** Print the forms you need or determine how they'll be the most accessible to you. Consider keeping them in a binder or another easily accessible location.
3. **Start with the "Our Family Health Summary":** This one-page overview is a great place to begin.
4. **Take it One Step at a Time:** Don't feel you need to fill everything out at once. Focus on what's most relevant for your family right now.

By using this Family Health Organizer, you're not just managing paperwork; you're taking proactive steps towards a healthier and more informed future for your loved ones. Thank you for joining me on this journey!

Our Family Health Summary

NAME:

Emergency Contacts

Primary Care

Family Members and Important Info

Record of Appointments

NAME:

Date	Clinician/Location	Reason

Medical History

NAME:

Emergency Contacts

Diagnoses

Meds/Supplements

Allergies (Effects)

Surgeries

Family History

Appointment Planner

NAME:

DATE:

Top Priorities

Symptoms

I've Tried

Why I'm Here

My Questions

My Concerns

Appointment Notes

CLINIC:

DATE:

Diagnosis

Reasoning

Tests

Prognosis

Lifestyle Changes

Options/Decisions

Decision Grid

DECISION:

DATE:

Option

Risks/Benefits

Option

Risks/Benefits

Option

Risks/Benefits

Our Family Health Summary

NAME:

Fannofkatz Family

Emergency Contacts

Ima Fannofkatz,

333-333-3333

Weera Kat 222-222-2222

Youra Katzenluv, Ima's sister

555-555-5555

Primary Care

Dr. Ayluvdaugs, my PCP

123-123-1234

Neighbor's Pharmacy

321-321-4321

Family Members and Important Info

Name, most important information to know

Record of Appointments

NAME:

Ima Fannofkatz

Date	Clinician/Location	Reason
<i>1/17/23</i>	<i>Urgent care</i>	<i>Sinus infection</i>
<i>7/13/23</i>	<i>PCP</i>	<i>Annual</i>
<i>12/21/23</i>	<i>Urgent care</i>	<i>Sinus infection</i>
<i>1/22/24</i>	<i>PCP</i>	<i>Sinus infection</i>
<i>7/25/24</i>	<i>PCP</i>	<i>Annual</i>
<i>11/13/24</i>	<i>Urgent care</i>	<i>Sinus infection</i>

Medical History

NAME:

Ima Fannofkatz

Emergency Contacts

Youra Fannofkatz, my sister

555-555-5555

Dr. Ayluvdaugs, my PCP

123-123-1234

Diagnoses

Asthma, age 9

Hypothyroid, age 21

Meds/Supplements

*Albuterol inhaler, 1-2 puffs as
needed (rarely)*

*Levothyroxine 88mcg
once daily*

Mirena IUD (placed age 29)

Allergies (Effects)

Shellfish, whole body hives

Seasonal, to pollen, sneezing

Surgeries

Wisdom teeth, age 16

C-section, age 29

no problems

Family History

Mom (age 63)

high blood pressure (dx 56)

Dad (age 62)

pre-diabetes (dx 61)

Grandparents unknown

Appointment Planner

NAME:

Ima Fannofkatz

DATE:

Date of Appointment

Top Priorities

Make sure you know what's most important to discuss. If that takes a long time, you can schedule another visit for the rest.

Symptoms

Make a list of the symptoms or issues that are worrying you to make sure you remember to mention them.

I've Tried

This is what worked or what didn't work for me, here's what happened.

Why I'm Here

*I'm worried I might have...
This runs in my family...
I need to be able to...
The worst part for me is...*

My Questions

*What to expect?
What can I do?
What's the best and worst thing that can happen?
What am I forgetting to ask?*

My Concerns

*My insurance sucks...
I'm scared of needles...
I don't have time for more appys...
My family doesn't think I...*

Appointment Notes

CLINIC:

Dr. Catsergrate

DATE:

Date of Appointment

Diagnosis

*What the doctor thinks it is
Could need more testing first*

Reasoning

Why they think this might be it

Tests

*Name of test, what information it will
give us, how it will change what we do
next, what the risks of the tests are, is
it possible it could lead to more testing?*

Prognosis

*What will happen if it's not treated?
What if it is? What are the best
predictors of outcomes? What has
helped other patients?*

Lifestyle Changes

*How does this affect my daily life?
What can I do to improve it? What can
I do that will make it worse? Any tips?
Any support or resources?*

Options/Decisions

*May need separate page.
List options or decisions that you
need to figure out.*

Decision Grid

DECISION:

Whether to do the thing?

DATE:

Date of Importance for the thing

Option

One option for testing or treatment

Risks/Benefits

What are the risks? How common are they? Can you predict who will have that happen? What are the expected benefits? How common is that outcome?

Option

Another option for testing or treatment

Risks/Benefits

Similar info for each option so you can compare

Option

Another option for testing or treatment

Risks/Benefits

Similar info for each option so you can compare

Support

Need Help?

- Help Center: Visit our FAQ section for quick answers.
- Email: hello@docrobinschool.com
- Text or call: 720-257-9030
 - Available Monday to Friday, 9 AM – 5 PM (MST)
- Schedule an appointment with Nurse Jill:
 - docrobinschool.com/meet-nurse-jill

Stay connected

Dr. Robin's School

- Website: www.docrobinschool.com
- Pinterest: @DocRobinSchool
- Facebook: @DocRobinSchool
- Instagram: @DocRobinSchool
- Bluesky: @docrobinschool.medsky.social

About Dr. Robin's School

Our Mission

To provide inclusive, engaging, and foundational science and health education that empowers learners globally.

Who We Serve

- Teens and tweens considering careers in health and medicine.
- Pre-med and nursing students wanting a foundation of understanding before adding more complex information.
- Homeschooling families seeking structured science curricula.
- Busy families looking for afterschool science that fits with their schedule.
- Young learners curious about the human body.
- Adults aiming to build or refresh their science knowledge.

What We Offer

- Comprehensive anatomy and physiology courses at varying levels.
- Physician-taught, on-demand lessons and hands-on activities.
- Optional plans with clinical application and feedback from a medical professional.
- Support provided by medical professionals who understand your unique needs.

Next Steps

Log in now at
docrobinschool.com
to get started.

If you have a learner under 18, you'll receive a separate email for a parent dashboard.

Difficulties? **Contact Jill for support.**

