

TOOL 5

Medication & Treatment List

Purpose: Create one place to track medications, therapies, procedures, devices, and other treatments that appear in your medical history.

What treatment have I received, why was I receiving it, and when?

Medication / Treatment	Type	Condition / Reason	Provider / Facility	Approx. Start Date	Approx. End Date	Current?	Response / Outcome	Source / Notes

Type examples: Medication; Therapy; Procedure; Injection; Device / Equipment; Other. Approximate dates are okay when exact dates are not known.

Response / Outcome: Keep it factual. Examples include limited relief, stopped because of side effects, no noticeable improvement, relief lasted several weeks, still using, or response not documented.

Important: This is an organizational record, not a medication-management tool. Use your healthcare provider's instructions and current medical records for dosage, frequency, changes, and treatment decisions. Do not start, stop, or change treatment based on this worksheet.

TOOL 5 | MEDICATION & TREATMENT LIST - CONTINUED

[illegible]