How to add allergy information into My Health Record: A guide for people with an allergy and their carers
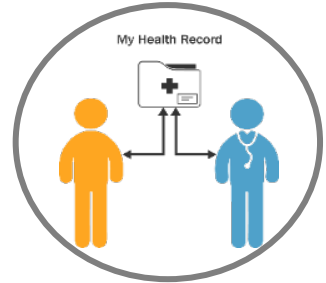
Why add allergy information?

My Health Record is a way to share information about your serious allergies with doctors and other healthcare providers in an emergency or if you, or your child, go to hospital.

It may be useful in other situations, including travelling within Australia or visiting a different clinic or specialist.

Your information in My Health Record is available wherever you go.

In an emergency, your treating healthcare providers will be able to access a summary of your allergies. This includes allergy information you have added, as well as allergy information that your healthcare providers have added.

It is strongly recommended that you add information about serious and life-threatening allergies including:

- drug (medication) allergies
- food allergy
- food protein induced enterocolitis syndrome (FPIES)
- allergies to substances that you might be exposed to in hospital (e.g. latex)
- other serious allergies (e.g. bee, wasp or tick anaphylaxis).

In an emergency, this information is **essential** for doctors to know.

What should be entered?

The National Allergy Council recommends that you **add medically confirmed information about any serious and life-threatening allergies**.

It is a good idea to talk to your GP or clinical immunology/allergy specialist about what information to add.

You should have an Australasian Society of Clinical Immunology and Allergy (ASCIA) Action Plan, for those allergies, which can be downloaded and printed here.
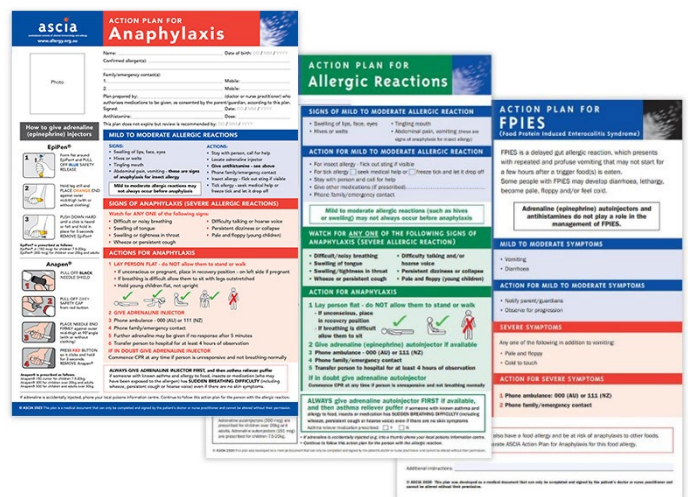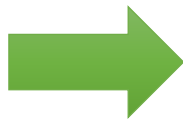
When you add an allergy into My Health Record, you will need to add the:

- **name of the substance** you are allergic to (e.g. name of the drug, food or insect)

- **type of reaction or symptom** you experienced (e.g. hives, itching, vomiting, anaphylaxis).

You should include any allergy information that is important for your healthcare providers to know about, especially food and drug allergies or other serious allergies (e.g. latex allergy).
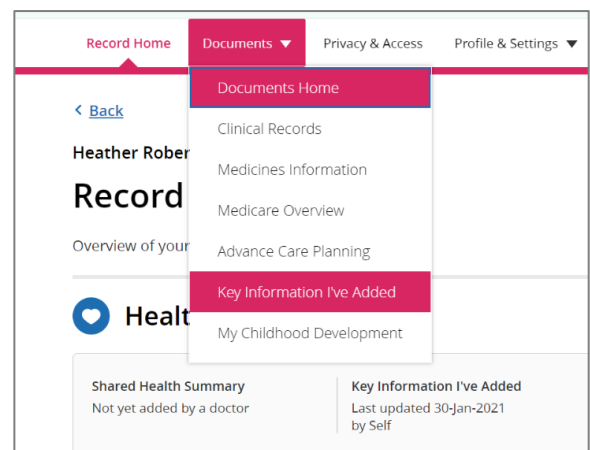
How to add allergy information

1. Complete the steps to sign in to myGov and link the My Health Record service.

For more information about how to do this, view our fact sheet Getting set up with My Health Record: A guide for people with an allergy and their carers.

2. When you are in My Health Record, select **Documents** from the navigation bar. Then select **Key Information I've Added**.

3. Select **Personal Health Summary**.

4. Under the Allergies and Adverse Reactions section, select the **Add Allergy and Adverse Reaction** button.

5. Add the **Substance or Agent** you are allergic to. Then add the **Adverse Reaction** for each substance.

The 'Substance or Agent' should be **specific and accurately** stated.

- **Do** specify the name of actual foods that you are allergic to, **instead of** the food group. For example, add *cashew*, *walnut* or *peanut* instead of *nuts* or *tree nuts*, which is less specific (unless you are allergic to all tree nuts).

- **Do** use the name of the drug you are specifically allergic to (if known), **instead of** the group of drugs.
  For example, add *amoxicillin*, *augmentin* or *benzylpenicillin* instead of *penicillin*. Add *Bactrim* or *sulfamethoxazole/trimethoprim* instead of *sulfur* drugs.

Example of **food allergy entry** in My Health Record – Food allergy to cashew

Example of **drug allergy entry** in My Health Record – Drug allergy to amoxicillin

Substance or Agent

cashew

Adverse Reactions

Reaction 1 (optional)

anaphylaxis   Remove reaction 1

Add another reaction

Allergy 1   Remove allergy 1

Substance or Agent

cashew

Adverse Reactions

Reaction 1 (optional)

anaphylaxis   Remove reaction 1

The **Adverse Reaction** should be simply and accurately stated, so that if the reaction is severe, it can be clearly seen. Some examples of reaction types include anaphylaxis, severe rash, and severe vomiting.

Adding an adverse reaction is optional but doing so will enable a healthcare provider to see how serious the risk of exposure to the substance or agent is to your (or your child's) health.
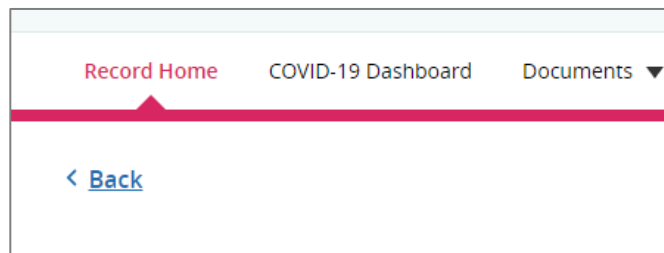
More than one reaction can be added for each allergen or substance. You can also add more than one allergy.

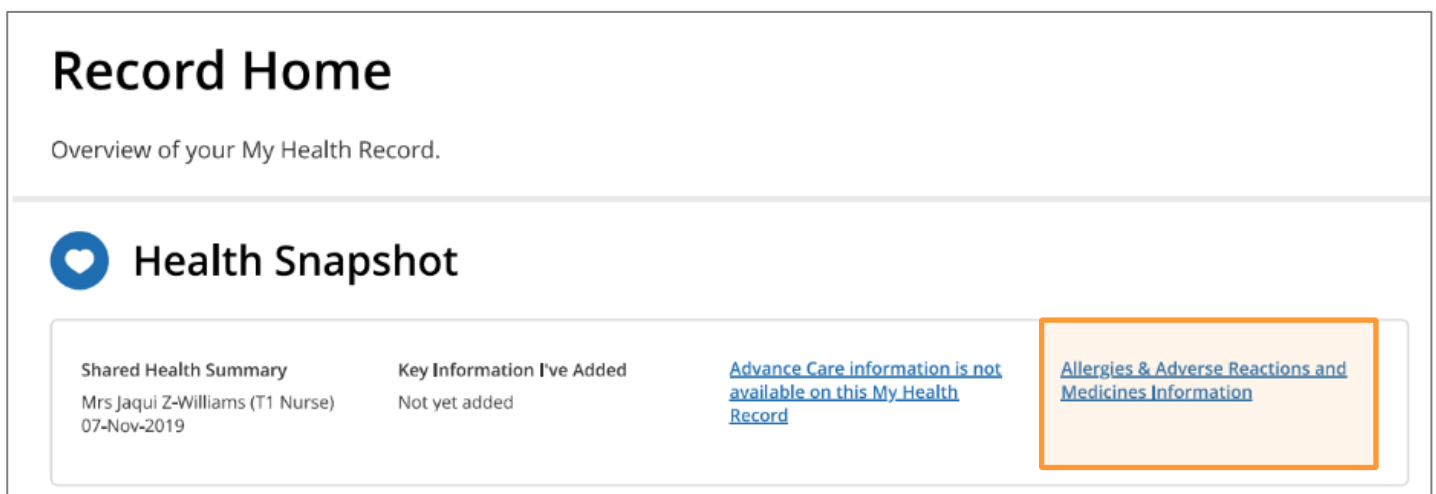**6.** Select **Save** once you have added your allergy information.

Save   Cancel

How to view allergy information

1. Select **Record home** from the navigation bar.

Record Home	COVID-19 Dashboard	Documents ▼

‹ Back

2. Under **Health Snapshot**, select **Allergies & Adverse Reactions and Medicines Information.**

Record Home

Overview of your My Health Record.

♥ Health Snapshot

Shared Health Summary	Key Information I've Added	Advance Care information is not available on this My Health Record	Allergies & Adverse Reactions and Medicines Information
Mrs Jaqui Z-Williams (T1 Nurse) 07-Nov-2019	Not yet added		

3. Under the **Allergies & Adverse Reactions** select **Expand** to view all listed allergies.

Note: You can quickly and easily view your allergy information in My Health Record using approved third-party mobile and software apps.

How to update allergy information

You should keep your allergy information up to date in My Health Record throughout your (or your child's) life, since the allergy information may change.

- You may have been told you are allergic to amoxicillin, but:

    o you have been tested and passed a challenge for amoxicillin; or

    o you have been given amoxycillin and did not react, and a doctor has now confirmed that you are no longer allergic to amoxycillin.

- Your child may have been allergic to a food (e.g. egg) as a young child but has since grown out of the allergy and passed a food challenge.

> It is important to **update your allergy information** if you are no longer allergic to something or if you develop a new allergy.

To remove or make changes to an allergy you have entered, click under 'Actions'

Allergies and Adverse Reactions

Substance or Agent	Adverse Reactions (optional)		Actions
cashew	anaphylaxis	Edit	Remove
amoxicillin	severe vomiting	Edit	Remove

If it has been confirmed that you (or your child) are no longer allergic to something, the National Allergy Council recommends that you write 'Confirmed NOT ALLERGIC' rather than remove the allergy. Read through the amoxicillin allergy example below:

1. In the **Substance or Agent** field, add 'amoxicillin'.

2. In the **Adverse Reactions** field, add 'confirmed NOT ALLERGIC. Passed challenge (add date) and (add name of specialist).

3. Click **Save** once you have finished updating the information.

Using this wording will help healthcare providers understand your reactions clearly.

Edit Allergy and Adverse Reaction

All fields are required unless indicated as optional.

Allergy 1

Substance or Agent

amoxicillin - Confirmed NOT ALLERGIC

Adverse Reactions

Reaction 1 (optional)

Passed challenge test 8 J   Remove reaction 1

Add another reaction

Save   Cancel

This information will appear in your **Allergies and Adverse Reactions** and **Medicines Information** section and will be available for your healthcare providers to see when they access your My Health Record.

Allergies and Adverse Reactions

Substance or Agent	Adverse Reactions (optional)		Actions
cashew	anaphylaxis	Edit	Remove
amoxicillin - Confirmed NOT ALLERGIC	Passed challenge test 8 June 2020. Dr William Smith	Edit	Remove

Talk to your doctor about uploading a shared health summary

A shared health summary represents a person's health status at a point in time.

If your (or your child's) allergies change, you can ask your doctor to update their practice records and upload a new shared health summary with the correct allergy information to your (or your child's) My Health Record. Your doctor can remove a previously uploaded shared health summary that contains out of date allergy information.

This section is for your doctor or specialist to complete. It can be helpful for your doctor to write down the name of the substance(s) you are allergic to and the reaction type, so you know exactly what to enter into your (or your child's) My Health Record. An example is shown below.

SUBSTANCE	REACTION TYPE
CEFALEXIN	*immediate urticaria, angioedema (hives, swelling) 2021*

Further information and support

Contact the My Health Record helpline on **1800 723 471** (select option 1), available 24 hours, 7 days a week. Free call (call charges apply from mobile phones).

Visit digitalhealth.gov.au for more information about My Health Record

This project is supported by **ascia** australasian society of clinical immunology and allergy   Allergy&Anaphylaxis Australia