

1/2/2021

To whom it may concern.

Re: (your name and date of birth)

My name is Jane Doe, and I am writing this note which records the truth of my experience. I ask that it be kept permanently in my file in lieu of amendments to my medical records on the following matters:

- 1) I disagree with all notes stating that I have been 'dramatic' or 'attention-seeking' in my attendance at hospital. I have been diagnosed with Endometriosis and have experienced pain my whole life. I rarely present to hospital, as is evidenced by my records. When I do it is because I cannot manage my pain at home with my resources without being incapable of caring for my son and/or working.
- 2) I strongly refute any notes detailing that I have previously been 'drug seeking' – I have managed my pain at home, and I am no longer on any opiates or other addictive, schedule 8 medications. I do not refute that previously I was on a high level of medication to manage my pain and associated symptoms, but for the last three years I have not had any of these except on the rare (less than once a year) hospital ED visit or surgery.
- 3) I describe any notes contradicting the above as untrue and insulting to my person, as evidenced by my pain specialist, by my gynaecologist and my specialist team.
- 4) Statements throughout my records, combined with the stereotyping of my person considering my mental health history and long-term chronic pain contain uses of language which are subjective, highly inflammatory, and personally devastating for me. I have no issue with opinions or facts but feel very strongly about inaccuracies and misleading documentation.

Kindest regards,

Jane Doe

(email)

(phone number)
