

**INSTRUCTIONS FOR COMPLETING AND EDITING  
THE MEDICAL EMERGENCY CARD  
FOR AUTONOMIC DYSREFLEXIA (AD card)**

**Description:** The AD card is designed to be filled out in a \*.pdf file, saved for each patient, and printed on color or black-and-white, inkjet, or laser printer. It includes all the personal details and medical data required for the immediate treatment of an Autonomic Dysreflexia (AD) episode. It can be folded from an A4 page to a page size of 7.3 x 10.5 cm (pocket size). Each card can be bilingual (English and National language). Below the example of AD card English-Greek language (fig.1). With a «click» on each field, you can type in the information corresponding to that field. The fields are designed for a specific length of text. If the text is longer than the field, the font size is automatically reduced to fit the entire text. In checkboxes you can select the appropriate option with a «click».

The figure displays a grid of 8 sections, organized into two rows and four columns. The top row contains the Greek version of the card, and the bottom row contains the English version. Each section includes personal information, symptoms, causes, and management protocols. The Greek version is on the left, and the English version is on the right. The top row sections are: 1. Personal information (ΚΑΡΤΑ ΕΠΕΙΓΟΥΣΑΣ ΙΑΤΡΙΚΗΣ ΑΝΤΙΜΕΤΩΠΙΣΗΣ), 2. Symptoms (ΑΥΤΟΝΟΜΗ ΔΥΣΑΝΑΚΛΑΣΤΙΚΟΤΗΤΑ (AD)), 3. Causes (ΣΥΝΗΘΗ ΑΙΤΙΑ), and 4. Management (ΤΙ ΝΑ ΚΑΝΩ). The bottom row sections are: 5. Personal information (MEDICAL EMERGENCY CARD), 6. Symptoms (WHAT IS IT? AUTONOMIC DYSREFLEXIA (AD)), 7. Causes (COMMON CAUSES), and 8. Management (WHAT TO DO? ACUTE MANAGEMENT PROTOCOL). Each section contains text, checkboxes, and QR codes for further information.

Fig. 1: Color version of the card in full size for printing on a color printer. There are 8 sections. Four in Greek and four in English.

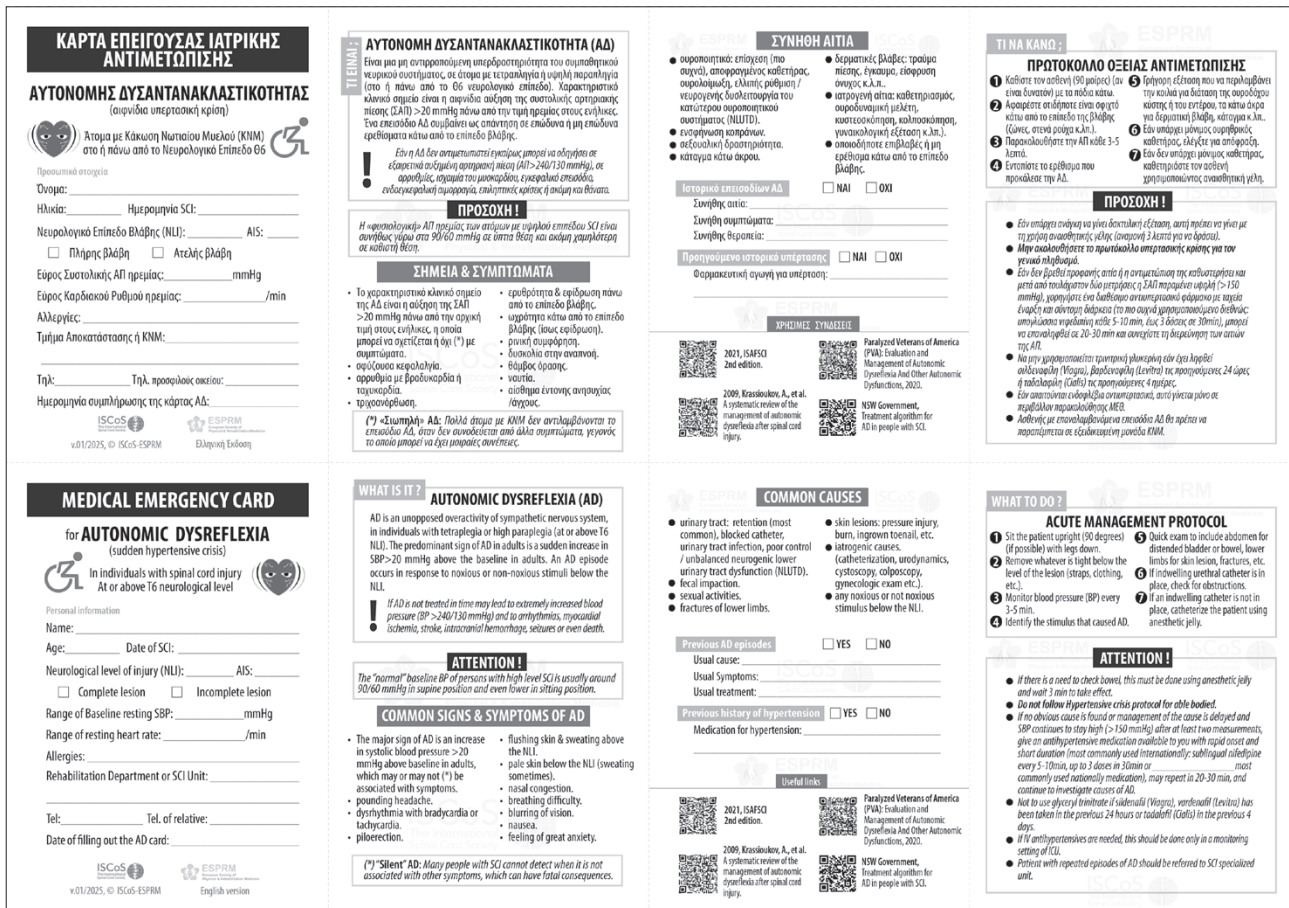


Fig. 2: Black and white version of the card in full size for printing on a black and white printer. There are 8 sections. Four in Greek and four in English.

**Filling in fields:** Filling in fields: Start with the «Name» field, «click» and enter the name. Move to the next field by pressing the **tab** key or by clicking on the next field. Please note that the YES and NO boxes are not activated with the tab key; you must select them yourself.



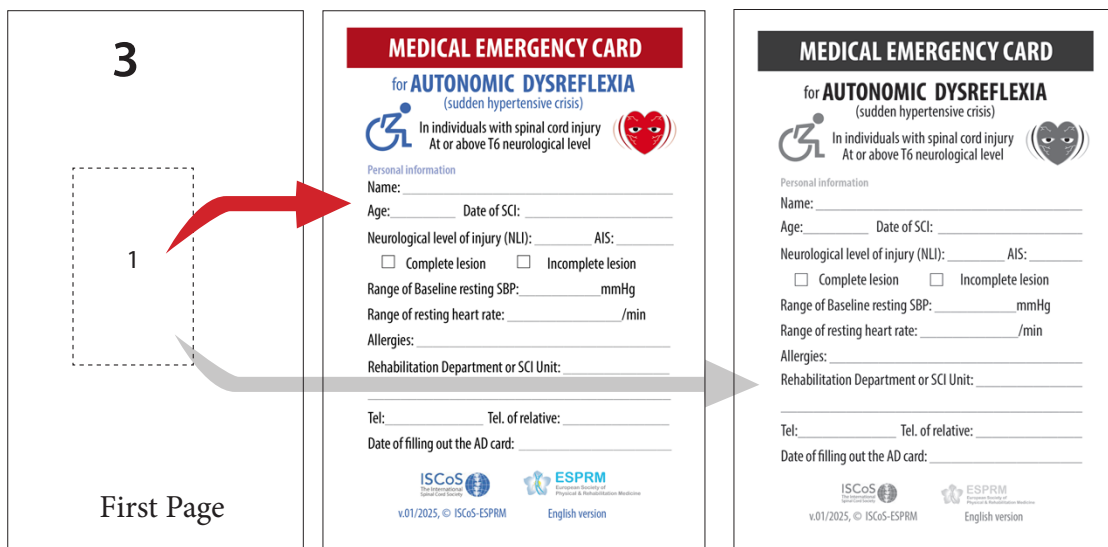
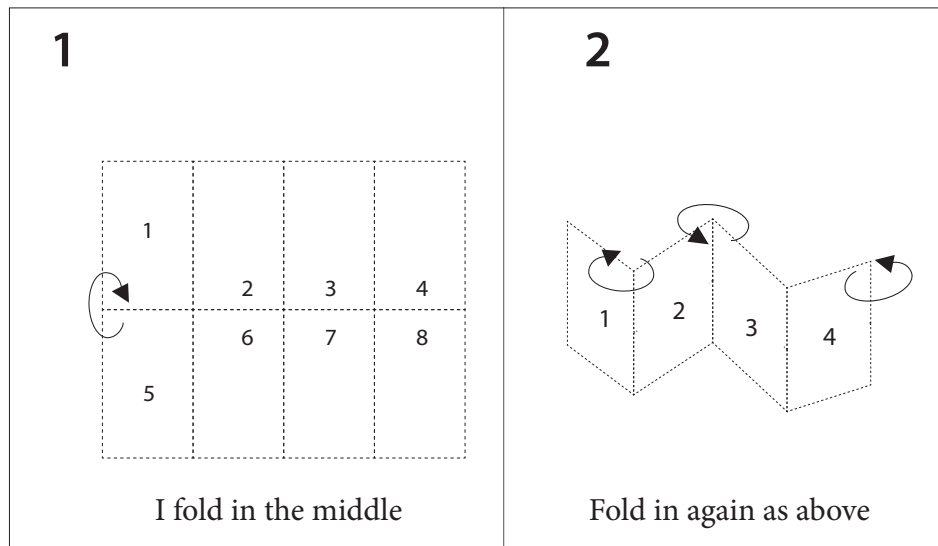
Select one of the two options, either YES or NO. Finally, you can save the completed AD card with a **DIFFERENT FILE NAME** (e.g., the patient's name) and save it, keeping the original file unchanged and ready for the next patient. Both languages must be completed so that information can be easily understood in another country.

**Some tips:**

- It is recommended not to exceed the size of each field. If it is necessary to exceed the size of the field, use capital letters to ensure readability.
- Setting the printer: Select «A4» paper on any printer. Be sure that the page setup is at **landscape**. The page margin settings for printing should be set to «0» and the position setting to «**CENTERED**.» It is important to set the print margins correctly so that the card folds properly.

- If you choose the «fit to page» option, you must first set the margins (top, bottom, right, and left) of the printed page to 0 or to the minimum allowed by the printer.

**Folding:** Fold the A4 paper according to the below folding steps to have a pocket size AD card and first page with the patient's individualized details.



Thank you for your attention.  
After completing the above steps, the AD card is ready to be picked up by the patient.

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