Leo Okonjo

Born 3 May 2019 · 7 years

VISIT PREP | Biojrnl.

FOR Dr P. Shah · Riverside Medical Centre
COVERS 9 Apr to 6 Oct 2026
KEPT BY Sarah Okonjo
MADE 6 Oct 2026

ALLERGIES

2 recorded, most severe first

Peanuts	SEVERE
Egg	MILD

CONDITIONS

BLOOD TYPE Not recorded

Asthma	since 2023
Eczema	since 2019

THIS VISIT

In 3 days

Asthma review

Fri 9 Oct 2026, 16:10 · Dr P. Shah

> *His wheeze has been worse since he went back to school and he has needed the blue inhaler most nights.*

THEIR QUESTIONS

- [ ] Ask if he needs a spacer for school
- [ ] Ask for an updated school asthma plan

1 more question, page 2

IN THE LAST 3 MONTHS

Updates marked worse
Wheeze at night

Entries rated severe
None

Medicines started or stopped
Started Hydrocortisone cream 1 %, 21 Sep

STILL OPEN

2 conditions, most recent first

CONDITION	FIRST ENTRY	LAST UPDATE	UPDATES	NOW
Wheeze at night	4 Sep 2026	29 Sep 2026	2	Worse
Eczema on both elbows	20 Aug 2026	21 Sep 2026	1	Same

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This visit, in full

Asthma review

Fri 9 Oct 2026, 16:10 · Dr P. Shah

THEIR REASON

His wheeze has been worse since he went back to school and he has needed the blue inhaler most nights.

THEIR QUESTIONS

- [x] Bring the peak flow diary (done)
- [ ] Ask if he needs a spacer for school
- [ ] Ask for an updated school asthma plan

Current medicines

6 in all

Every-day medicines by what they are used for, with how many to take at each time of day. NEW marks one started in the last 3 months. PAUSED marks one paused in the app.

EVERY DAY	MORNING	MIDDAY	EVENING	BEDTIME	SINCE
USED FOR ASTHMA					2 medicines
Clenil Modulite Inhaler · 50 mcg per puff · Respiratory	2 puffs 07:30		2 puffs 19:00		Jan 2025
Montelukast PAUSED Tablet · 4 mg			1 19:30		Jun 2025
USED FOR ECZEMA					1 medicine
Hydrocortisone cream NEW Cream or gel · 1 %	1 application 07:30		1 application 19:00		Sep 2026
USED FOR HAY FEVER					1 medicine
Cetirizine liquid Liquid · 1 mg/ml			5 doses 19:30		May 2026

AS NEEDED	DOSE	USED FOR
Salbutamol Inhaler · 100 mcg per puff · Respiratory	2 puffs	Asthma
Emollient cream Cream or gel	1 application	Eczema

STARTED OR STOPPED IN THIS PERIOD 2

CHANGE	MEDICINE	DATE
Started	Hydrocortisone cream 1 %	21 Sep 2026
Started	Cetirizine liquid 1 mg/ml	2 May 2026

Entries by area

14 entries

How many entries were made in each area, month by month. Darker means more.

1 sensitive entry omitted.

	Apr 26	May	Jun	Jul	Aug	Sep	Oct	ALL
Respiratory						3		3
Gut Health		1	2					3
Skin, Hair & Nails					1	1		2
Minor Illness				1			1	2
Eyes Ears Nose		1	1					2
Sleep						1		1
Injuries & Accidents					1			1

Followed-up conditions

2 still open · 1 resolved

Each condition updated over time, as written by Sarah Okonjo. Still open first, most recent first.

Respiratory — Rated Moderate — Now Worse

Wheeze at night

3 entries, 4 Sep to 29 Sep 2026

4 Sep 2026 First entry	Wheezy at bedtime after his first week back at school. Two puffs of the blue inhaler settled it.
15 Sep 2026 Same	Needed the blue inhaler four nights out of seven.
29 Sep 2026 Worse	Woke at 2am coughing and wheezy, needed the blue inhaler twice.

Skin, Hair & Nails — Rated Mild — Now Same

Eczema on both elbows

2 entries, 20 Aug to 21 Sep 2026

20 Aug 2026 First entry	Red, dry patches on both elbows, scratching at night.
21 Sep 2026 Same	No better with the usual cream, started the hydrocortisone today.

Gut Health — Rated Mild — Now Resolved

Tummy ache before school

3 entries, 12 May to 20 Jun 2026

12 May 2026 First entry	Says his tummy hurts most mornings before school.
2 Jun 2026 Better	Better since we talked to his teacher about the new class.
20 Jun 2026 Resolved	No tummy aches for two weeks.

Single entries

6

Entries made once and not followed up, by area, newest first.

Minor Illness

2 entries

2 Oct 2026	**Cold** Runny nose and a cough, still went to school.	Mild
14 Jul 2026	**Temperature** Temperature 38.4 in the evening, Calpol, better by morning.	Moderate

Eyes Ears Nose

2 entries

8 Jun 2026	**Nosebleed** Nosebleed at school, stopped after ten minutes.	Mild
2 May 2026	**Hay fever** Itchy streaming eyes and sneezing in the park, started cetirizine.	Moderate

Sleep

1 entry

18 Sep 2026	**Sleep** Took ages to settle, said his legs ached.	Mild

Injuries and Accidents

1 entry

30 Aug 2026	**Fell off his scooter**	Grazed both knees, cleaned and plastered.	Mild

Contacts

DOCTOR

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EMERGENCY CONTACT

Sarah Okonjo, Mother · 07700 900456