



DARK SIDE OF MEDICINE



MEDICINE SAFETY SERIES

MS-07

Life Course Medicine Timeline

A practical workbook for recording health, medicine and life events across the lifespan.

darksideofmedicine.org

© Deborah Mann 2026

Version 1.0



Why This Resource Matters

A life course timeline can help identify patterns, support medicine reviews, prepare for specialist appointments and improve understanding of an individual's health journey.

About Me

Name: _____

Date: _____

Date of Birth: _____

Main Health Conditions: _____

Healthcare Professional: _____

Why Am I Creating This Timeline?

- ☐ Personal record
- ☐ Medicine review
- ☐ Specialist appointment
- ☐ Disability assessment
- ☐ Care planning
- ☐ Family record
- ☐ Research participation
- ☐ Other



Early Life

Pregnancy and Birth

Early Childhood

Early Diagnoses

Early Medicines

Childhood and Adolescence

Health Conditions

Hospital Admissions

Surgeries

Medicines and Treatments

Education and Support Needs



Adulthood

Diagnoses

Significant Health Events

Medicines and Treatments

Hospital Admissions and Surgeries

Changes in Health



Timeline of Significant Events

Date	Health Event	Medicine Change	Outcome

Looking Back

- Have health problems changed over time?
- Have medicines increased over time?
- Were symptoms associated with medicine changes?
- Are there recurring patterns?
- Have important events influenced health?
- Are there unanswered questions I would like to discuss?

Life Course Summary

What have I learned from creating this timeline?

Medicine Safety Tip

A timeline helps organise information but does not prove cause and effect. It can provide valuable context for medicine reviews and specialist appointments.



Related Resources

MS-04 Medicine Review Preparation Pack

MS-05 Polytherapy Safety Check

MS-06 Medicine Timeline

MS-09 Understanding Polypharmacy