



Alex Example - DOB 3 Jun 2018 (8 years old)

Information generated and provided by Mira - child care app

Generated 15 Jul 2026

Period: 15 Jan 2026 - 15 Jul 2026

SAMPLE DATA

This entire document is invented for a single fictional child, Alex Example. It is not a real medical record and does not describe a real person.

GENERAL INFO

Blood type: O+

Notes: Alex loves dinosaurs and swimming lessons on Saturdays.

ALLERGIES & CONTRAINDICATIONS

Peanuts

Severity: Moderate

Reaction: Hives, mild swelling.

Ibuprofen

Reason: Stomach upset in the past.

CONDITIONS

Mild persistent asthma

Severity: Mild

Diagnosed: Sep 2022

MEDICATIONS

Albuterol (Ventolin) inhaler

Dosage: 90 mcg/puff

Frequency: 2 puffs as needed for wheezing.

Instructions: Use before gym class or swimming if wheezy.

Started Sep 2022

Fluticasone (Flovent) inhaler

MEDICATIONS (continued)

Dosage: 44 mcg/puff

Frequency: Twice daily (starting dose)

Started **Oct 2022**

12 Mar 2026: 44 mcg, twice daily -> 88 mcg, twice daily (stepped up after increased wheeze frequency)

THERAPY SESSIONS

Occupational Therapy (ongoing)

Started **18 Aug 2025**.

Schedule adjusted on **2 Feb 2026**.

Completed sessions: 38 (**18 Aug 2025 - 22 Jul 2026**).

Current schedule: Weekly, Wednesdays, Occupational Therapy, with Dana Reyes, OT. Ongoing.



Mira is a child care management app that helps caregivers track their child's health, medications, appointments, and more.

<https://play.google.com/store/apps/details?id=com.mira.childcare>

