HEALTHMATTERS

My Name: _____

Healthcare Person: _____

Healthcare Person's Phone Number:

_____

Date of Appointment: _____

Why I'm seeing the doctor: _____

_____

_____

_____
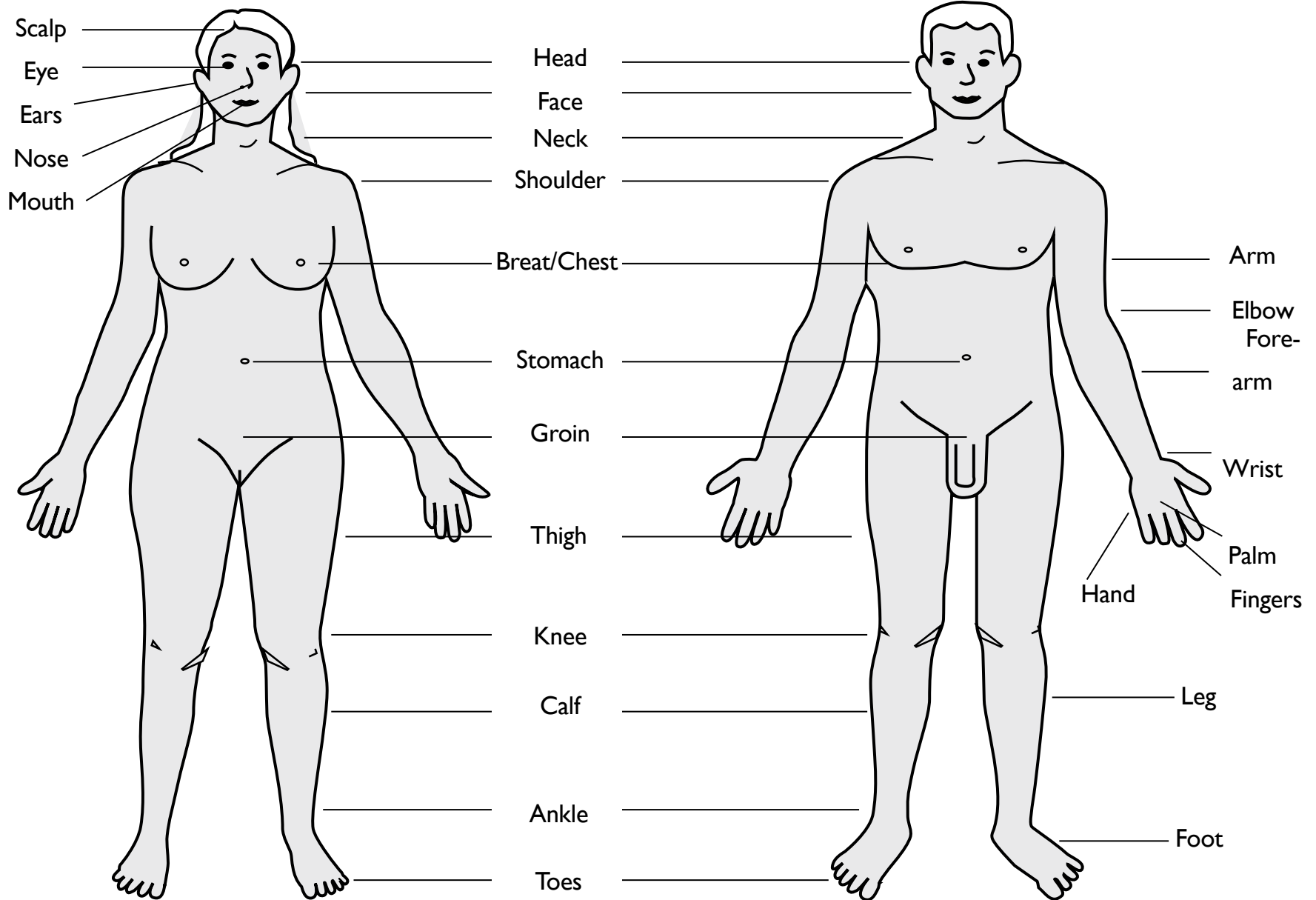
_____

My Notes

HEALTHMATTERS

My Health Visit

What is going on WITH my body?

Scalp
Eye
Ears
Nose
Mouth

Head
Face
Neck
Shoulder
Breat/Chest
Stomach
Groin
Thigh
Knee
Calf
Ankle
Toes
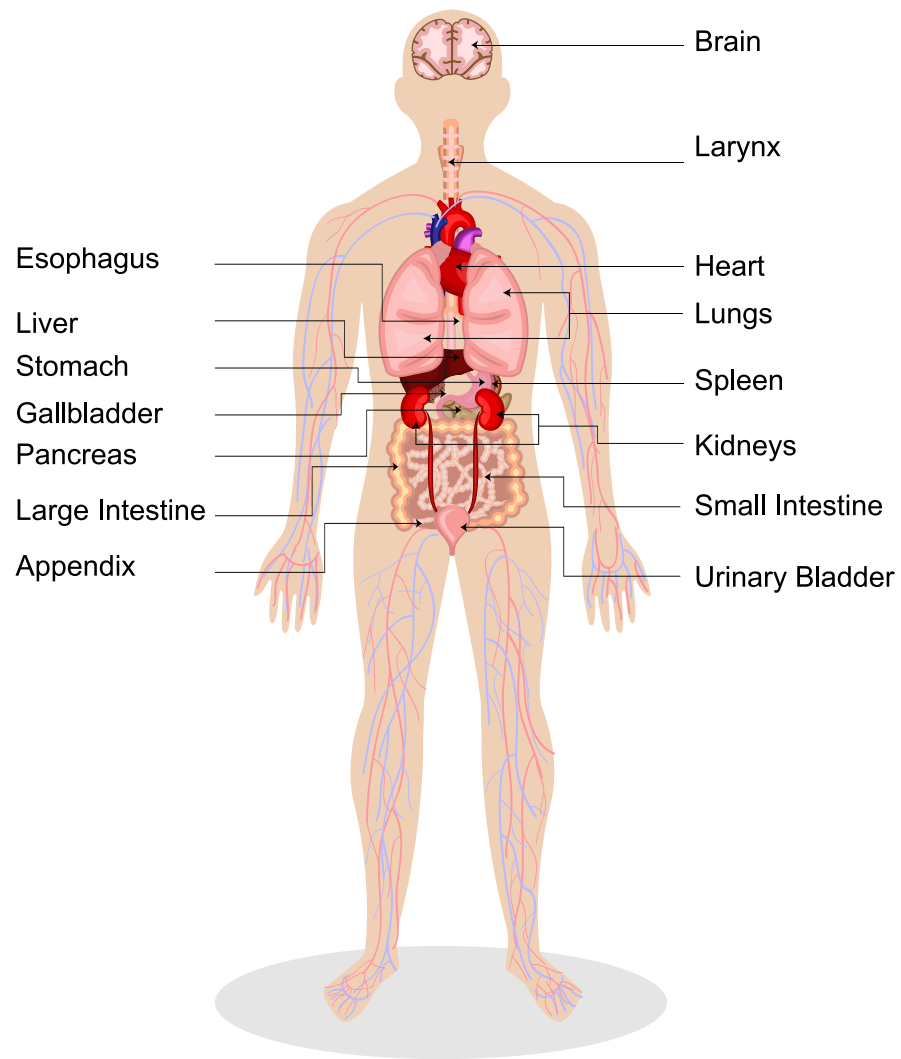
Arm
Elbow
Fore-arm
Wrist
Palm
Hand
Fingers
Leg
Foot

Diagnosis
1. _____
2. _____

Diagnosis
1. _____
2. _____

What is Going on INSIDE My Body?

Brain

Larynx

Esophagus

Heart

Lungs

Liver

Stomach

Spleen

Gallbladder

Pancreas

Kidneys

Large Intestine

Small Intestine

Appendix

Urinary Bladder

Muscles and Organs

Female Reproductive System

Fallopian Tube   Uterus   Fundus   Uterine Tube

Fimbriae   Ovary

Endometrium

Myometrium

Vagina   Cervix

Male Reproductive System

Adrenal gland

Kidney

Bladder

Ureter

Seminal Veside

Prostate Gland

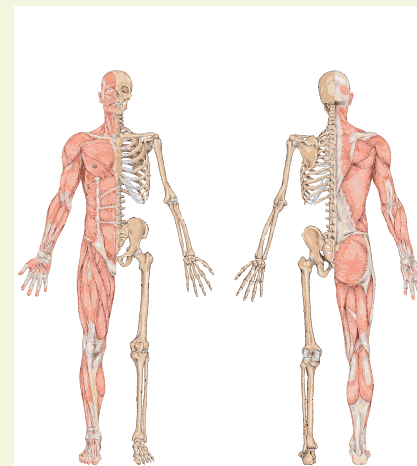Vas Deferens

Urogenital Orifice

Epididymus

Testis

Penis

Scrotal Sac
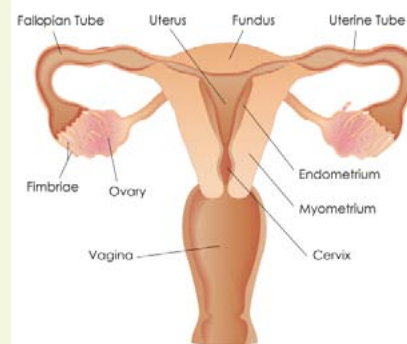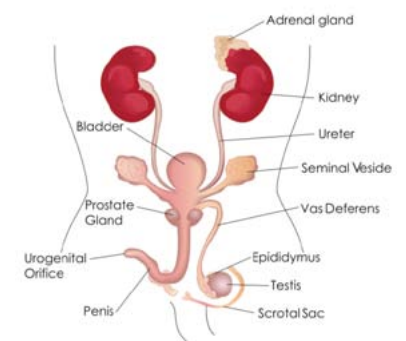
Muscles and Bones
Musculo-Skeletal System

Healthcare Person's Notes

Diagnosis
1. _____
2. _____

Diagnosis
1. _____
2. _____

What could I BE DOING to stay healthy?

Promote ● ● ● ● ● ●

Exercise for
_____ days/week
_____ minutes/day

Eat fruits & vegetables

Drink plenty of water

Prevent ● ● ● ● ● ●

Have a scan with (check one)
☐ X-ray   ☐ MRI   ☐ CT
☐ Scan   ☐ Ultrasound   ☐ Other

Get immunization
_____
_____

Draw blood
_____
_____
_____

Manage ● ● ● ● ● ●

Get therapy (check)
☐ OT   ☐ PT
☐ Acupuncture   ☐ Speech Therapy

Take this medicine(s)
1. _____
   how much _____ how often_____
   how long _____
2. _____
   how much _____ how often_____
   how long _____
3. _____
   how much _____ how often_____
   how long _____

Surgery _____
_____
_____

Healthcare Person's Notes

How Will Doing those things HELP ME?

☑ Happier

☑ Feel better

☑ Have a healthy weight

☑ Feel strong

☑ Do your usual activities

☑ Sleep better

🚫 Prevent chronic disease & illness

🚫 Control chronic disease & illness

🚫 Have less pain

🚫 Control medication

🚫 Less doctor appointments

🚫 Less ER visits & hospital stays

Studies have shown that 40-80 percent of the medical information patients receive is forgotten immediately and nearly half of the information retained is incorrect.

One of the easiest ways to close the gap of communication between clinician and patient is to employ the "teach-back" method, also known as the "show-me" method or "closing the loop."

Teach-back is a way to confirm that you have explained to the patient what they need to know in a manner that the patient understands.

Teach-back

" I want to be sure that I explained what I should do."

(e.g., This is the medication you should take for your rash.)

" Can you tell me what you are going to do? "

(e.g., What medication you will take?)

" We covered a lot today about your _____, and I want to make sure that I explained things clearly. So let's review what we discussed."

(e.g., What are three things that will help you take care of your _____?)

(e.g., What are you going to do when you get home?)

" Do you have any questions? "

References
1. Kessels RP. Patients' memory for medical information. J R Soc Med. May 2003;96(5):219-22.
2. Anderson JL, Dodman S, Kopelman M, Fleming A. Patient information recall in a rheumatology clinic. Rheumatology. 1979;18(1):18-22.
3. Schillinger D, Piette J, Grumbach K, et al. Closing the loop: physician communication with diabetic patients who have low health literacy. Arch Intern Med. 2003;163(1):83-90.