PATIENT Passport FOR SURGICAL OPTIMIZATION

Patients, please carry this passport with you to all appointments and use it with the help of your health care provider(s).

Date of Referral:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Patient Activation**

Patient Activation focuses on your (patient) involvement in your own health and health care. This includes educating yourself about your health condition, and taking action and increasing your confidence in improving your health, in this case to prepare yourself for surgery, so that you can experience better outcomes after surgery



I understand what patient activation means and how it impacts my health

🞎 Yes 🞎 No

My current level of patient activation based on the above chart is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To improve my level of patient activation I plan to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My questions for my healthcare team regarding patient activation are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My health care team contact information**

|  |  |
| --- | --- |
| **Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**What is Surgical Optimization?**

Research has shown that if certain aspects of a patient’s health like anemia, glucose control, nutrition etc. are improved before surgery, it will have a positive effect on the outcomes of your surgery. Health care providers have to make sure they consider many aspects (components) that can affect the outcomes of your surgery weeks and in some cases months before the surgery. You can use the wait time for your surgery to improve certain aspects of your health, in order to contribute to better outcomes and a better recovery after surgery.

**Nutrition**

I have lost weight in the past 6 months without trying to lose this weight.

🞎 Yes 🞎 No

I have been eating less than usual for more than a week.

🞎 Yes 🞎 No

**During optimization**

To improve my nutritional status I have:

* Met with my GP or Primary Care Network about my nutrition
* Met with a dietician
* Accessed HealthlinkBC.ca or called \*811
* Accessed BC211.ca or called \*211
* Accessed the Eating for Seniors Handbook
* Completed a Three Day Food Intake Diary
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

I have lost weight in the past 6 months without trying to lose this weight.

🞎 Yes 🞎 No

I have been eating less than usual for more than a week.

🞎 Yes 🞎 No

My questions for my healthcare team regarding nutrition are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Health Link BC
* BC 211
* Healthy Eating for Seniors Handbook
* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**Nutrition Information**

**Smoking Cessation**

I have used a form of tobacco in the last 6 months. 🞎 Yes 🞎 No

**During optimization**

To help me quit or decrease my tobacco usage I have:

* Met with a healthcare provider to create a plan for me to quit/reduce tobacco use
* Accessed Quitnow.ca
* Accessed HealthlinkBC.ca or \*811
* Met with a GP or Primary Care Network regarding smoking cessation
* Accessed BC211.ca or \*211
* Taken medication (Zyban or Champix)
* Used nicotine replacement therapy
* Received counselling
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

The last time I used a form of tobacco was (dd/mm/yy):

­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have decreased my tobacco usage. 🞎 Yes 🞎 No

My questions for my healthcare team regarding smoking cessation are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Health Link BC
* BC 211
* QuitNow BC
* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**Smoking Cessation Information**

**Glycemic Control**

I have been diagnosed with diabetes. 🞎 Yes 🞎 No

My HbA1C is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

For glycemic control I have:

* Met with a GP or Primary Care Network regarding glycemic control
* Met with a specialist regarding glycemic control
* Accessed a diabetes clinic
* Had a healthcare provider review my medication
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My HbA1C should be tested every 3-6 months, it may be done more often if my glucose levels are changing quickly.

My HbA1C is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My HbA1C is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My HbA1C is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My HbA1C is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My HbA1C is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My questions for my healthcare team regarding glycemic control are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Rebalance MD Patient Resources
* Diabetes Canada Website
* Diabetes Canada YouTube Channel

**Glycemic Control Information**

**Anemia**

My hemoglobin concentration at the time of referral was: \_\_\_\_\_\_\_\_\_\_\_\_ g/L

My ferritin concentration at the time of referral was:

\_\_\_\_\_\_\_\_\_\_\_\_ µg/L

Date of measurements: \_\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

To manage my anemia I have:

* Met with a specialist regarding treatment
* Met with a GP or Primary Care Network regarding treatment
* Been prescribed oral iron supplements
* Been prescribed intravenous iron supplements
* Been prescribed Erythropoietin
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

My hemoglobin concentration right before surgery was: \_\_\_\_\_\_\_\_\_\_\_\_ g/L

Date of measurements: \_\_\_\_\_\_\_\_\_\_\_\_\_

My questions for my healthcare team regarding anemia are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My hemoglobin concentration right before being discharged was: \_\_\_\_\_\_\_\_\_\_\_\_ g/L

**Online Resources**

Search the following resources on the internet to learn more:

* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**Anemia Information**

**Sleep Apnea**

My score on the STOP-Bang questionnaire is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

From my sleep apnea plan I have:

* Met with a GP or Primary Care Network
* Accessed a Sleep Clinic
* Met with a Specialist
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

My questions for my healthcare team regarding sleep apnea are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* What you Need to Know about Sleep Apnea and Surgery - STOP Bang
* Rebalance MD Patient Resources

**Sleep Apnea Information**

**Substance Use**

My alcohol use risk level from the TAPS Tool was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My sedative use risk level from the TAPS Tool was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

My cannabis use risk level from the TAPS Tool was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

My stimulant use risk level from the TAPS Tool was: \_\_\_\_\_\_\_\_\_\_\_\_\_

My opioid use risk level from the TAPS Tool was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

From my substance use optimization plan I have:

* Met with a GP or Primary Care Network regarding my substance use
* Accessed Healthlinkbc.ca or called \*811
* Accessed a treatment group for support
* Accessed counselling
* Been prescribed medication to treat my substance use
* Alcohol abuse intervention
* At risk drinking intervention
* Follow up and support
* BC211.ca or \*211
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

I have decreased my substance usage. 🞎 Yes 🞎 No

My questions for my healthcare team regarding substance use are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Health Link BC
* BC 211
* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel
* Problem Drinking – Province of British Columbia Website

**Substance Use Information**

**Physical Activity**

The number of minutes I exercise in a day: \_\_\_\_\_\_\_\_\_\_\_\_\_ minutes

The number of days in a week that I exercise: \_\_\_\_\_\_\_\_\_\_\_ days

The number of minutes in a week that I exercise: \_\_\_\_\_\_\_\_ minutes

**During optimization**

To improve my physical activity level I have:

* Met with a GP or Primary Care Network regarding my physical activity
* Met with a Physiotherapist or Kinesiologist regarding my physical activity
* Accessed Healthlinkbc.ca or \*811 for information on physical activity
* Accessed the Canadian Physical Activity Guidelines
* Completed the 6 Minute Walk Test
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

The number of minutes I exercise in a day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes

The number of days in a week that I exercise: \_\_\_\_\_\_\_\_\_\_\_\_ days

The number of minutes in a week that I exercise: \_\_\_\_\_\_\_\_\_\_ minutes

My questions for my healthcare team regarding physical activity are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* HealthLink BC
* BC Healthy Living Alliance - Physical Activity
* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**Physical Activity Information**

**Cardiac**

My score from the revised Cardiac Risk Index was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

To improve my cardiac health I have:

* Completed the DASI questionnaire
* Met with a GP or Primary Care Network regarding my cardiac health
* Met with a specialist regarding my cardiac health

**After optimization**

My questions for my healthcare team regarding cardiac health are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**Cardiac Information**

**VTE Prophylaxis**

My score on the Caprini Risk Assessment Tool was: \_\_\_\_\_\_\_\_\_\_\_\_\_

My risk category from the Caprini Risk Assessment was: \_\_\_\_\_\_\_\_\_

**During Optimization**

I have had a discussion with my healthcare team about preventing blood clots

🞎 Yes 🞎 No

Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After Optimization**

My questions for my healthcare team regarding VTE prophylaxis are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**VTE Prophylaxis Information**

**Frailty**

­­­­My score on the Clinical Frailty Scale was: ­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

To alleviate the risks of my frailty status I have:

* Completed the Mini-Mental Exam
* Completed the assessment for the Berg Balance Scale
* Had a goals of care discussion
* Had a healthcare provider review my medication
* Completed the Timed up and go assessment
* Met with a specialist regarding my frailty
* Met with a GP or Primary Care Network regarding my frailty
* Assessed nutrition care
* Met with a physiotherapist or occupational therapist regarding my frailty
* Received a customized exercise program
* Accessed BC211.ca or \*211 for information on frailty
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

My questions for my healthcare team regarding frailty are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Parachute Canada - Fall Prevention
* BC 211
* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**Frailty Information**

**Mental Health**

My score for my ability to enjoy life was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my resilience was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my balance of life was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my self-actualization was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my flexibility was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

To improve my mental health status I have:

* Met with a psychiatrist/psychologist regarding my mental health
* Accessed counselling
* Accessed Heretohelp.bc.ca
* Accessed Healthlinkbc.ca or \*811
* Accessed Anxietybc.com
* Met with a GP or Primary Care Network regarding my mental health
* Had a healthcare provider review my medication
* Accessed wellness programs at my workplace
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

My score for my ability to enjoy life was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my resilience was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my balance of life was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my self-actualization was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My score for my flexibility was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My questions for my healthcare team regarding mental health are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Here To Help
* HealthLink BC
* Anxiety BC
* Rebalance MD – Patient Resources
* Diabetes Canada YouTube Channel

**Mental Health Information**

**Social Supports**

My family score from the MSPSS assessment was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

My friends score from the MSPSS assessment was: \_\_\_\_\_\_\_\_\_\_\_\_\_

My significant other score from the MSPSS assessment was: \_\_\_\_\_\_

**During optimization**

To improve my social support status I have:

* Met with a social worker regarding my social supports
* Met with a Homecare nurse about support at home
* Met with a GP or Primary Care Network regarding my social supports
* Accessed BC211.ca or \*211 for information on social supports
* Accessed Healthlinkbc.ca or \*811 for information on social supports
* Other: ­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After optimization**

My family score from the MSPSS assessment was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My friends score from the MSPSS assessment was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

My significant other score from the MSPSS assessment was: \_\_\_\_\_\_\_

My questions for my healthcare team regarding social supports are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Health Link BC
* BC 211
* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel

**Social Supports Information**

**Pain Management**

I have felt pain in the last 30 days. 🞎 Yes 🞎 No

My score on the Brief Pain Inventory Form was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**During optimization**

To manage my pain I have:

* Accessed the pain service
* Met with a GP or Primary Care Network regarding pain management
* Accessed Healthlinkbc.ca or \*811
* Accessed Selfmanagement.ca
* Had a healthcare provider review my medication
* Accessed BC211.ca or \*211
* Accessed Painbc.ca
* Accessed the Opioid agonist therapy clinic
* Spoken with a health care provider regarding appropriate pain expectations

**After optimization**

I have accessed one or more of the items on the list above. 🞎 Yes 🞎 No

My score on the Brief Pain Inventory Form was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My questions for my healthcare team regarding pain management are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Online Resources**

Search the following resources on the internet to learn more:

* Health Link BC
* BC 211
* Rebalance MD Patient Resources
* Diabetes Canada YouTube Channel
* Self Management BC
* Pain BC

**Pain Management Information**