PATIENT Passport   
**FOR SURGICAL   
Prehabilitation**

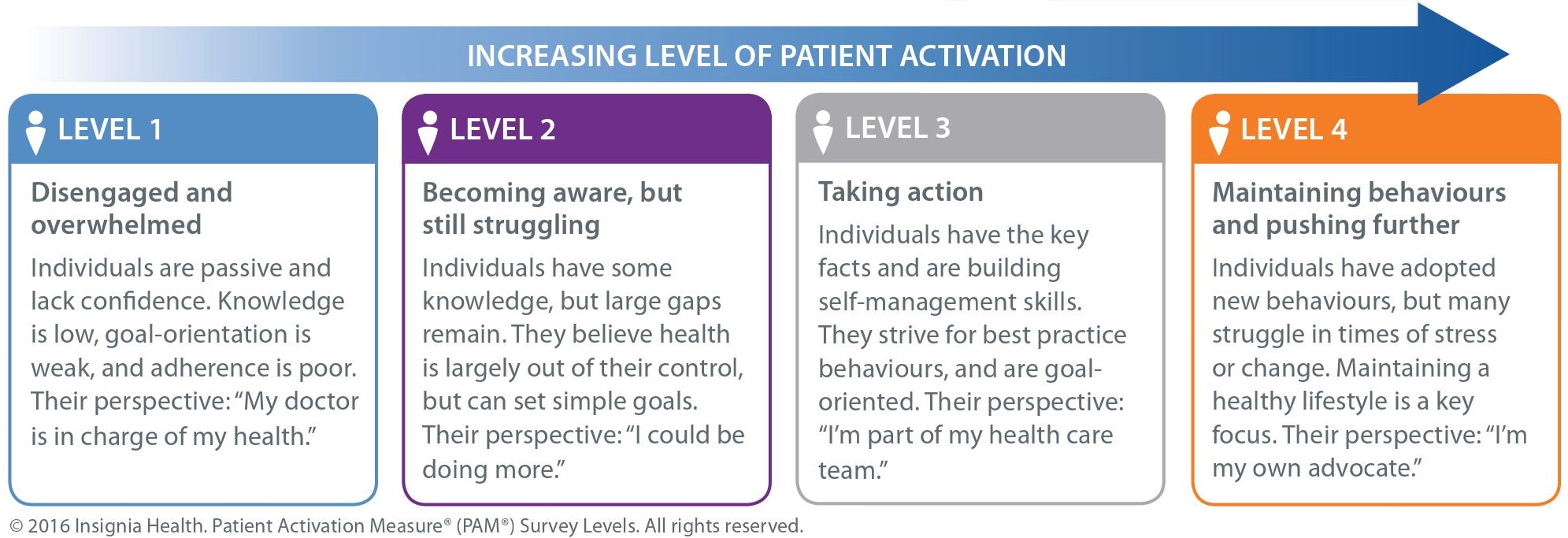
Patients, please carry this passport with you to all appointments and use it with the help of your health care provider(s).

**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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**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 Prehabilitation?**

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 prehabilitation**

To improve my nutritional status I have:

🞎 Met with a primary care provider about my nutrition

🞎 Met with a dietician

🞎 Accessed HealthlinkBC.ca or called \*811

🞎 Accessed the Eating for Seniors Handbook

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

**After prehabilitation**

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 prehabilitation**

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

🞎 Accessed Quitnow.ca

🞎 Accessed the BC Smoking Cessation Program

🞎 Met with a primary care provider regarding smoking cessation

🞎 Accessed HealthlinkBC.ca or \*811

🞎 Accessed BC211.ca or \*211

🞎 Watched the Stop Smoking Video

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

**After prehabilitation**

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

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I have decreased my tobacco usage.   
🞎 Yes 🞎 No

My questions for my healthcare team regarding smoking cessation are:

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

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**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 prehabilitation**

For glycemic control I have:

🞎 Met with a primary care provider regarding glycemic control

🞎 Met with an internist or endocrinologist 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**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 prehabilitation**

To manage my anemia I have:

🞎 Met with an internist or hematologist regarding treatment

🞎 Met with primary care provider regarding my anemia

🞎 Been prescribed oral iron supplements

🞎 Been prescribed intravenous iron supplements

🞎 Been prescribed Erythropoietin

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

**After prehabilitation**

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

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

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

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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 prehabilitation**

From my sleep apnea plan I have:

🞎 Met with a primary care provider regarding sleep apnea

🞎 Accessed a Sleep Clinic

🞎 Met with a Anesthesiologist

🞎 Had a overnight pulse oximetry test

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

**After prehabilitation**

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

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**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**

Have you felt that you ought to cut down on drinking or drug use? 🞎 Yes 🞎 No

Have people annoyed you by criticizing your drinking or drug use? 🞎 Yes 🞎 No

Have you ever felt bad or guilty about drinking or drug use? 🞎 Yes 🞎 No

Have you ever had a drink or used drugs first thing in the morning to steady your nerves   
or to get rid of a hangover? 🞎 Yes 🞎 No

**During prehabilitation**

From my substance use prehabilitation plan I have:

🞎 Met with a primary care provider 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

🞎 Had an alcohol abuse intervention

🞎 BC211.ca or \*211

🞎 Completed the TAPS Tool

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

**After prehabilitation**

I have decreased my substance usage. 🞎 Yes 🞎 No

My date of last substance use was: ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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**Online Resources**

Search the following resources on the internet to learn more:

* Health Link BC
* BC 211
* Rebalance MD Patient Resources
* 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 prehabilitation**

To improve my physical activity level I have:

🞎 Met with a primary care provider 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 prehabilitation**

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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**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 prehabilitation**

To improve my cardiac health I have:

🞎 Completed the DASI questionnaire

🞎 Met with a primary care provider regarding my cardiac health

🞎 Met with a cardiologist regarding my cardiac health

**After prehabilitation**

My questions for my healthcare team regarding cardiac health are:

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

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**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 Prehabilitation**

I have had a discussion with my healthcare team about preventing blood clots. 🞎 Yes 🞎 No

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

**After Prehabilitation**

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

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**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 prehabilitation**

To alleviate the risks of my frailty status I have:

🞎 Completed cognitive testing

🞎 Had a healthcare provider complete a medication review

🞎 Had a goals of care discussion

🞎 Identified a substitute decision maker

🞎 Been assessed for my ability to consent

🞎 Met with a geriatrician or internist regarding my frailty

🞎 Met with a primary care provider regarding my frailty

🞎 Met with a physiotherapist or occupational therapist regarding my frailty

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

**After prehabilitation**

I have accessed one or more of the items on the list above.

🞎 Yes 🞎 No

My questions for my healthcare team regarding frailty are:

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

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**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**

**Anxiety**

**During prehabilitation**

To improve my anxiety 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

🞎 Accessed wellness programs at my workplace

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

**After prehabilitation**

I have accessed one or more of the items on the list above.

🞎 Yes 🞎 No

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

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**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

**Anxiety Information**

**Social Supports**

**During prehabilitation**

To improve my social support status I have:

🞎 Met with a social worker regarding my social supports

🞎 My support person attend my health meeting

🞎 Met with a Homecare nurse about support at home

🞎 Met with a primary care provider 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 prehabilitation**

I have accessed one or more of the items on the list above.

🞎 Yes 🞎 No

My questions for my healthcare team regarding social supports are:

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**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**

In the past 4 weeks, have you been taking more than twice a week any non-prescription medications or products to manage pain? For example: Tylenol, anti-inflammatory, cannabis products.

🞎 Yes 🞎 No

In the past 4 weeks, have you been using any non-medical therapies specifically to manage pain?

For example: Physiotherapy, occupational therapy, massage

🞎 Yes 🞎 No

In the past 4 weeks, have you been prescribed any medications or products to manage pain?

For example: Gabapentin, Tylenol #3, tramadol, anti-depressants

🞎 Yes 🞎 No

In the past 4 weeks, how much did pain interfere with your normal activities at work or at home?

🞎 Not at all 🞎 A little bit 🞎 Moderately 🞎 Quite a bit 🞎Extremely

**During prehabilitation**

To manage my pain I have:

🞎 Accessed the pain service

🞎 Met with a primary care provider regarding pain management

🞎 Accessed Selfmanagement.ca

🞎 Had a healthcare provider review my medication

🞎 Had post-operative pain expectation education

🞎 Accessed Painbc.ca

🞎 Accessed the Opioid agonist therapy clinic

🞎 Completed a Brief Pain Inventory assessment

**After prehabilitation**

I have accessed one or more of the items on the list above.

🞎 Yes 🞎 No

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

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**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**