

Family Health Team

SPINAL CORD INJURY (SCI) SELF MANAGEMENT **PRIMARY CARE CHECKLIST**

INTRODUCTION

Thank you for participating in the development of a tool intended to improve the quality of care for patients with spinal cord injury (SCI) and their health care provider (Family Doctor, Nurse Practitioner).

While people with SCI have many of the same medical conditions as the general population, your problems can be quite different. Our goal is to provide you with optimal care by working with you.

We are asking you to help us with your appointment. Review the health issues listed on the larger checklist called the Spinal Cord Injury Detailed Checklist. Any issues you identify please transfer over to the Summary Sheet. Bring both lists to your appointment.

HOW IT WORKS

At **EVERY** appointment (regular physician, Mobility Clinic, Centre for Family Medicine After Hours Clinic) with any physician or nurse practitioner at The Centre for Family Medicine (CFFM) we would like you to go through the Spinal Cord Injury Detailed Checklist, summarize concerns onto the Summary Sheet and bring in both forms to your appointment.

The Spinal Cord Injury Checklist can be found and printed off from The Centre for Family Medicine website: www.family-medicine.ca under "PATIENT RESOURCES". If you do not have access to a computer, printer or internet, please let us know and we will print one for you.

Please see the instruction sheet at the beginning on how and what to complete. If you have any questions please phone us at (519) 783-0022 (leave a message for Dr. James Milligan). Secondary contact – Dr. Colleen McMillan at (519) 578-2100 ext. 217 (if necessary, leave a message).

Please bring the Summary Sheet and Detailed Checklist to the health care provider at your appointment.

**It should be noted that if there are many concerns identified, the physician and you may decide to deal with the main issues first and have you return for others due to time issues.

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PRIMARY CARE CHECKLIST**

INSTRUCTIONS ON HOW TO USE THIS CHECKLIST

BEFORE YOUR APPOINTMENT

- Complete the DETAILED CHECKLIST
- Only complete the sections that apply to particular issues you have now (eg. if you think you have a bladder infection complete the bladder section, if not having bladder issues then leave it blank)
- Once the DETAILED CHECKLIST is completed, please summarize your issues on to the SUMMARY SHEET
- If you are coming to an appointment for a very specific issue (example: flu shot; fill out forms; or something not in the DETAILED CHECKLIST) then do not fill out the DETAILED CHECKLIST but just put your reason for the appointment on the SUMMARY SHEET

AT YOUR APPOINTMENT

- At the beginning of your appointment, give your SUMMARY SHEET to the health care provider (they may also ask for the DETAILED CHECKLIST)

AT THE END OF YOUR APPOINTMENT

- Make sure you understand clearly what your health care provider is telling you
- On the SUMMARY SHEET there is an area “MY ACTION PLAN” for you to write down instructions/treatment recommendations for each issue discussed

SPECIAL NOTE:

It is recommended that patients with SCI have a yearly physical examination with their health care provider. We would appreciate that prior to the yearly physical exam that you take extra time before the appointment and go through the entire DETAILED CHECKLIST and then bring it in with you (it will be used to help monitor your overall care issues).