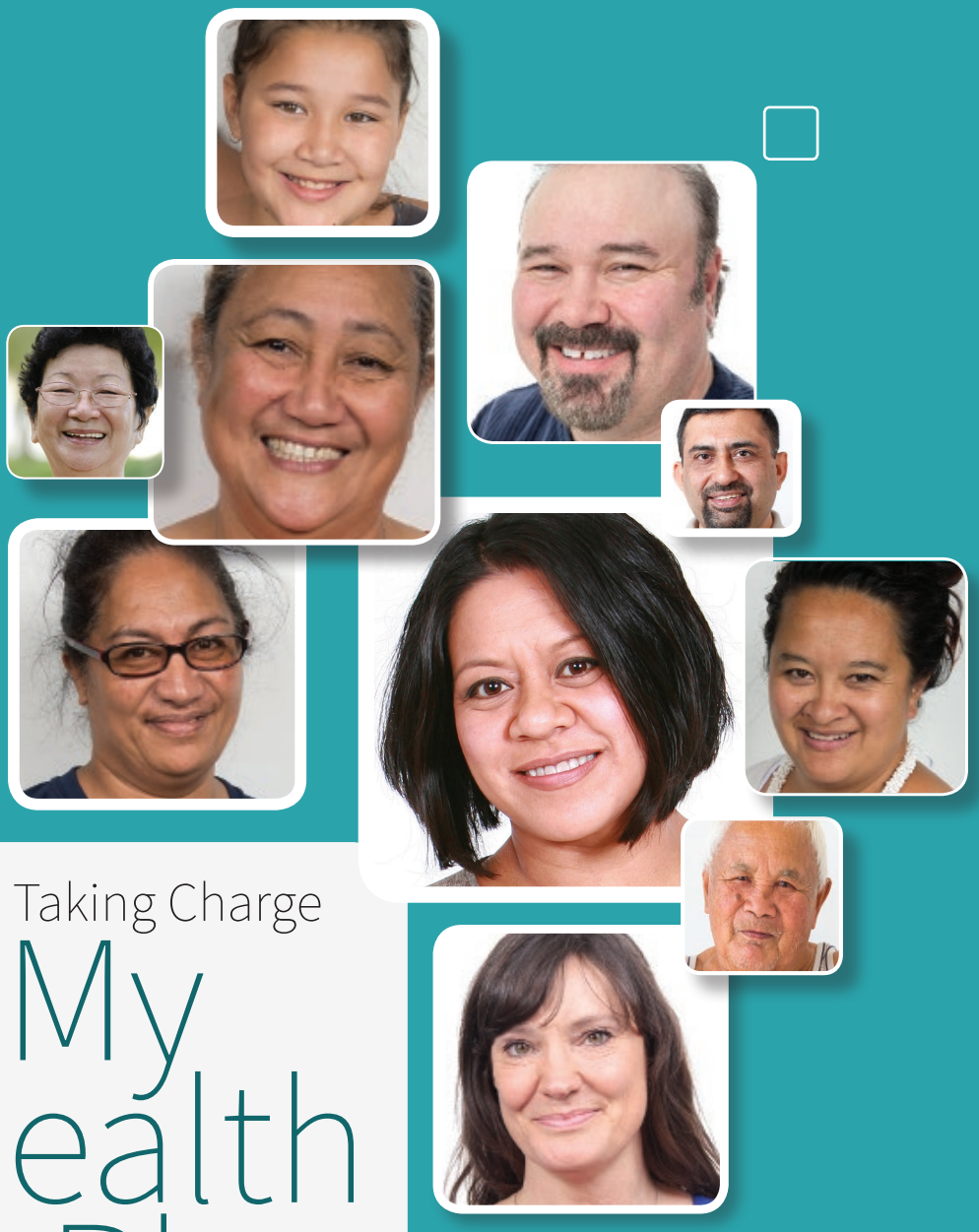

Taking Charge

My Health Plan

Your plan for living well with an ongoing health condition

Name:

NHI:

GP:

Health Navigator
NEW ZEALAND

My health care team's contact details

GP: Phone No:

After hours:

GP Practice address:

GP Practice address:

Nurse: Phone No:

Pharmacy: Phone No:

Emergency:

Patient portal:

Support team: Phone No:

Phone No:

Phone No:

Phone No:

Phone No:

Phone No:

Phone No:

Phone No:

Phone No:

Phone No:

Phone No:

About me

PHOTO

This Plan is so everyone involved in my health knows:

- About my health condition.
- What is important to me.
- My goals.
- The main decisions that my health care team and I have made.

Name:

I like to be known as:

I like to be spoken to in:

The people/family/whānau I want to include in any decisions about my health are:

Other things I would like you to know about me:

About my health conditions:

Any allergies and medical alerts:

I have joined a Patient Portal ☐ Yes ☐ No, but I want to know more ☐ Not for me

I have an Advance Care Plan ☐ Yes ☐ No, but I want to know more ☐ Not for me

For more information about patient portals and advance care plans see the next page.

About my medicines

- If you live with a long term condition you often have to take several medicines. Sometimes these medicines change.
- You and your health care team need to know what medicines you are taking.

The best way to do this is to take everything that you are taking into your next appointment with your doctor, nurse or pharmacist. Remember to include any puffers, eyedrops, vitamins, supplements, herbal products or rongoa.

OR you can write down everything you are taking on the next page.

- ***Ask your doctor, nurse or pharmacist to print out a list of your medicines and attach it here.***

Do you buy any medicines (including herbal, supplements or others)? ☐ Yes ☐ No

Why do you buy these medicines?

Some medicines have side effects and often people choose not to take them for that reason.

Do any of your medicines have side effects? ☐ Yes ☐ No

Which ones?

How often do you choose not to take these medicines?

Most people forget to take their medicines from time to time. How often do you forget?

☐ Never ☐ Sometimes ☐ Often ☐ Every day

Are there any medicines that you no longer take? ☐ Yes ☐ No

Why do you not longer use them?

Are there any of your medicines that you don't know much about? ☐ Yes ☐ No

Which ones?

Learn more at: www.healthnavigator.org.nz – Search for **medication** or the name of the medicine you are wanting to know more about.

Medicines list

To keep track of my medication

Name of Medicine	Dose	When do you take it?	What is it for?	How helpful is it?	Any worries or questions?

Also include puffers, eye drops, vitamins, supplements, herbal/rongoa products. Talk with your doctor, nurse or pharmacist before stopping any medicines. Copy this sheet if you need a second page or download one from www.healthnavigator.org.nz – search for **medication list**.

What's important to me?

Let's identify what is important to you

▶ You don't have to let living with an ongoing health condition stop you doing the things that are important to you.

Here are some things that other people have said are important to them.

finish the course I'm studying

get back to work

helping out at church

stay in my own home

having time for the family

look after my dog

take grandchildren fishing

visit family overseas

▶ ***Write down what is important to you***:

ME

Things that are stopping me doing what's important to me?

When you have an ongoing health condition a number of things can make it harder or stop you doing what is important to you. Here is a list of things that might be stopping you.

Look at each statement and circle the number that's the closest fit for you.

	Not a problem						Big problem
Quit smoking	☺	1	2	3	4	5	☹
Stress, and worry	☺	1	2	3	4	5	☹
Feeling low , sad, down	☺	1	2	3	4	5	☹
Shortness of breath	☺	1	2	3	4	5	☹
Being tired, no energy	☺	1	2	3	4	5	☹
Sleep problems	☺	1	2	3	4	5	☹
Pain	☺	1	2	3	4	5	☹
Family issues	☺	1	2	3	4	5	☹
Understanding my condition	☺	1	2	3	4	5	☹
Being able to relax	☺	1	2	3	4	5	☹
Being overweight	☺	1	2	3	4	5	☹
Money issues	☺	1	2	3	4	5	☹
Being active	☺	1	2	3	4	5	☹
Getting out and doing things that I enjoy	☺	1	2	3	4	5	☹
Sexual problems	☺	1	2	3	4	5	☹
Healthy eating	☺	1	2	3	4	5	☹
Work	☺	1	2	3	4	5	☹
Taking medicines	☺	1	2	3	4	5	☹
Knowing what to do when I become sick	☺	1	2	3	4	5	☹

▶ ***Is there anything else you would like to add?***

Setting a goal and making a plan

▶ Setting goals can help people to live well with an ongoing health condition.

What others have said:

I didn't know where to start, but after talking it through with a friend, it really helped me focus on what's important to me.

I always thought that I had no will power. I started with a very easy action plan and gradually built up. Now I walk every day without feeling pain.

I've tried making changes (like doing more exercise) in the past and failed. Goal setting really helped me make a plan and stick to it.

When I was told that I had diabetes I knew that I had to make changes. I tried changing everything at first and just felt exhausted. The nurse suggested setting a goal and making an action plan – It worked!

At first I thought that I needed to change lots of things. Starting with just one thing like swapping sugary drinks for sugar free ones helped. Once I had changed one thing, I went onto the next!

My Plan

Achieving your goal

My goal: One thing I am going to work on:

How will this help: Short term:

How will this help: Long term:

What could I do to achieve this: Make a list, *choose one thing you could do.*

My Action Plan: *What will I do*:

How much or how often will I do this:

When will I do this:

Who can help me:

How confident am I that I can do this: ☹ 1 2 3 4 5 6 7 8 9 10 ☺

My Plan

Achieving your goal

Other things I will do to help:

Things my health care team will do:

Things I am not ready to do yet:

Who can help me?

Identify your SUPPORT TEAM

- You are the most important person when it comes to looking after your health and achieving your goal.
- It helps to have support from friends, whānau, your health care team and others who can help you look after your health.

There are also lots of services and people in your local community who can help.

- Ask your healthcare team.
- Look through your local paper.
- Ask at your local community centre about what is happening in your area.

▶ ***Write down the friends or family who could help you:***

Who:	How:
Who:	How:
Who:	How:

▶ ***Write down your health care team members who could help you:***

Who:	How:
Who:	How:
Who:	How:
Who:	How:

▶ ***Write down your local services that could help you:***

Who:	How:
Who:	How:
Who:	How:

When unwell, what to do

- Understanding your symptoms and taking quick action when you first notice a change can help stop your condition getting worse

Emergency Plan – What I need to do

FEELING GREAT

How do I know?

What do I do?

STARTING TO FEEL UNWELL

How do I know?

What do I do?

GETTING WORSE

How do I know?

What do I do?

EMERGENCY

How do I know?

What do I do?

Learn more at: www.healthnavigator.org.nz – Search for **action plans**.

Am I on track?

- Each week check you are on track.
- Tick what you have completed.
- If something is stopping you ask someone on your support team to help you

Here is what others have said:

Writing my action plan down helped a lot. I said that I was going to walk for 30 minutes 3 times a week. Keeping a record kept me on track.

I wanted to make changes to what I ate. I kept a food diary and it helped me decide on changes that I could do.

I take a lot of medications, last time I went into hospital some of them were changed. I just didn't feel my old self after returning home. Keeping a record of when I felt tired or unwell really helped. I was able to work out a new way of taking my medicines with my pharmacist and my doctor.

Follow up and track your progress

Keeping simple records of your test results, measurements and progress towards your goal can help keep you on track.

- My test results, and progress sheet on page 12.
- My check-ups on page 13.

- *More useful forms can be found at www.healthnavigator.org.nz* – Search for **healthy-living** and **self care .**

There are a number of online apps and tools that you can also use to help keep track of your progress. Learn more at: www.healthnavigator.org.nz – Search for **appslibrary**.

My progress

To keep track of my health

Date	Target Weight	Target BP	Target LPIDS	Target	Target	Target	Target

Use this to record my blood tests and measures such as blood pressure, weight, peak flow, HBa1C, warfarin level, uric acid, cholesterol, etc.

My check-ups

To keep track of my regular checks and appointments

Visit	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
GP Visit													
Nurse Visit													
Specialist Visit													
Social Worker													
Dietitian													
Eye Check													
Feet Check													
Dentist													

For more information about living well with a ongoing health condition, visit the Health Navigator website:

www.healthnavigator.org.nz

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www.healthnavigator.org.nz

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NEW ZEALAND