

Changes to Discuss Form

Your client's doctor may want to know about any changes in their life since their last appointment. It is useful to consider what the client should say before they see the doctor. The list below can help. Of course, all the things on this list will not apply at every visit! Make a copy of the blank list so you will always have a clean copy to use. Then, take a minute to think about each of the possible topics. You may want to jot down when the client first noticed each change. You can use the last column to note any additional information that may be helpful for the doctor to know.

TOPIC	DATE	NOTES
Your Diet, Medication, and Lifestyle:		
Alcohol use		
Diet / nutrition / appetite changes		
Medicines		
Tobacco Use		
Weight changes		
Your Health:		
Bone/joint pain or stiffness		
Bowel Problems		
Chest Pain		
Feeling dizzy or lightheaded		
Headaches		
Hearing changes		
Losing urine or feeling wet		
Recent hospitalizations or emergencies		
Shortness of breath		
Skin changes		
Vision changes		
Your Thoughts and Emotions:		
Feeling lonely or isolated		
Feeling sad, down, or blue		
Intimacy or sexual activity		
Problems with memory or thinking		
Problems with sleep or changes in sleep patterns		
Everyday Living:		
Accidents, injuries, or falls		
Advance directives		
Daily activities / exercise		
Driving/transportation/mobility		
Living situation		