

Patient Participant Booklet

APCC Integrated Care Wave



Practice Details

Please take this book with you every time you visit your health care professional or attend the Townsville Hospital

Your Details:

Name: _____

D.O.B: ____ / ____ / _____

Address: _____

Contact phone number(s):

Home: _____

Mobile: _____

Usual Medical Practice:

Usual G.P: _____

Practice Nurse: _____

Next of Kin/Support Person Details:

Name: _____

Phone Number: _____

Please tick the box(es) if you have any of the following:

- Personally Controlled Electronic Health Record
- GP Management Care Plan
- GP Management Care Plan Review
- Advance Care Directive
- Current list of medications

If you do not know, please ask your G.P. or the Practice Nurse to complete when you next visit your doctor.

Signed: _____

Date: ____ / ____ / ____

Ideas for Managing your Health

Whenever you talk to your doctor, nurse or pharmacist it is important to ask questions to give you a better understanding of your health and how to care for your health.

Why do I need to ask questions?

Don't be concerned about asking for an explanation about your health condition(s). Your health care team want you to know about your health condition(s) and understand some steps you can take to take to help you keep your condition(s) under control.

What do I need to ask?

1. What are my main health problem(s)?
2. What do I need to do for my health?
3. Why is it important for me to do this?

When do I need to ask?

- When you visit your doctor, nurse or pharmacist
- When you are having a medical test or procedure
- When you collect your medications

What if I ask and don't understand?

- Let your GP, nurse or pharmacist know that you don't understand
- Ask them to either rephrase the answer or explain it again so that you do understand. Ask if they have some reading material for you to take home

Some tips to assist you to manage your health:

- Ask these questions during any visit to your GP, nurse or pharmacist
- Take a family member or support person to your consultation to help if necessary
- Write down your health concerns before you visit your GP, nurse or pharmacy so you don't forget
- Take a list of your current medications with you, especially if you are seeing a different health care professional
- Make sure you understand the correct way to take your medications. Your pharmacist will assist you with any questions.



**Monitoring
your
Health**

Record information here about:

- Problems or symptoms you are experiencing (such as shortness of breath, pain, headache, sweating, mood changes or sleeplessness). Please include information on when the problems occurred, for how long and any other comments.
- Self-tests taken and their results (e.g. peak flow readings, blood pressure recordings, blood glucose levels)
- Any other information about monitoring your health, such as insulin, warfarin or lithium levels.

Date: ____ / ____ / ____ Time: _____

Problems or Symptoms:

Results/Comments:

Date: ____ / ____ / ____ Time: _____

Problems or Symptoms:

Results/Comments:

Date: ____ / ____ / ____ Time: _____

Problems or Symptoms:

Results/Comments:

Date: ____ / ____ / ____ Time: _____

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Date: ____ / ____ / ____ Time: _____

Problems or Symptoms:

Results/Comments:

Date: ____ / ____ / ____ Time: _____

Problems or Symptoms:

Results/Comments:

A large teal speech bubble graphic with a white outline, containing the main title text. The bubble has a tail pointing towards the bottom left.

Unplanned Presentation at Hospital

Date: ____ / ____ / _____

Reason for episode of care at Townsville Hospital:

Actions taken:

Date: ____ / ____ / _____

Reason for episode of care at Townsville Hospital:

Actions taken:

Date: ____ / ____ / _____

Reason for episode of care at Townsville Hospital:

Actions taken:

Date: ____ / ____ / _____

Reason for episode of care at Townsville Hospital:

Actions taken:

improvement foundation



TOWNSVILLE-MACKAY

Connecting health to meet local needs

The APCC Program is delivered by the Improvement Foundation and is funded by the Australian Department of Health