

What's the Plan?

Name: Janet Doeman		Date of Birth: 3-28-93	Provider: Dr. Heart
Parent's Name: Mary and John		Today's Date: 6-12-08	
What do I want to talk about today?			
<p>Specifics today</p> <ul style="list-style-type: none"> • What's new? • How have I been feeling? • Worries down the road? • What am I planning before the next visit or in the near future? 	<p>I have been feeling more tired lately and wonder if something is wrong. I want to know if I will need any more surgeries soon or if I need to start taking medicine again. I am planning on going to stay with my grandparents for a week in Wisconsin and want to know if that is ok.</p>		
What do I hope to have happen?			
<ul style="list-style-type: none"> • Today • From the doctor • For me to do 	<p>I hope that the doctor tells me that everything is fine and that I don't need to do anything. If something is wrong, I hope that they can give me some medicine to make me feel better but that I don't have to stay in the hospital.</p>		
Next steps? What needs to be done?			
<ul style="list-style-type: none"> • Labs • Change medicine • Check insurance 	<p>Do I need to start taking medicine again? Do we have to do more tests? When is my next appointment? Should I be keeping a log of when I feel tired like before? What are the worst things this could be and how would we fix those?</p>		
Who will do this?			
<ul style="list-style-type: none"> • Me • Parents • Doctors • Nurse 	<p>Will dr. give me prescription? Can mom make my next apt? Can I check in with my nurse practitioner if I don't feel good?</p>		
By when? (time frame)			
<ul style="list-style-type: none"> • Immediate • 1 month • 6 months • 1 year 	<p>Can we know why I'm more tired before cheerleading season starts? Can I still go to visit my grandparents? If we need to do anything more, can we do it so I don't miss school?</p>		
If I think of anything else later, who do I call?			
<ul style="list-style-type: none"> • Questions • New appointments • Email addresses 	<p>Who should I call? Nurse practitioner?</p>		

For additional copies of this form and more, please visit <http://www.cshcn.org>