

# What's the Plan?

<b>Name: Janet Doeman</b>		<b>Date of Birth: 3-28-93</b>	<b>Provider: Dr. Heart</b>
<b>Parent's Name: Mary and John</b>		<b>Today's Date: 6-12-08</b>	
<b>What do I want to talk about today?</b>			
<p>Specifics today</p> <ul style="list-style-type: none"> <li>• What's new?</li> <li>• How have I been feeling?</li> <li>• Worries down the road?</li> <li>• What am I planning before the next visit or in the near future?</li> </ul>	<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>		
<b>What do I hope to have happen?</b>			
<ul style="list-style-type: none"> <li>• Today</li> <li>• From the doctor</li> <li>• For me to do</li> </ul>	<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>		
<b>Next steps? What needs to be done?</b>			
<ul style="list-style-type: none"> <li>• Labs</li> <li>• Change medicine</li> <li>• Check insurance</li> </ul>	<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>		
<b>Who will do this?</b>			
<ul style="list-style-type: none"> <li>• Me</li> <li>• Parents</li> <li>• Doctors</li> <li>• Nurse</li> </ul>	<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>		
<b>By when? (time frame)</b>			
<ul style="list-style-type: none"> <li>• Immediate</li> <li>• 1 month</li> <li>• 6 months</li> <li>• 1 year</li> </ul>	<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>		
<b>If I think of anything else later, who do I call?</b>			
<ul style="list-style-type: none"> <li>• Questions</li> <li>• New appointments</li> <li>• Email addresses</li> </ul>	<p>Who should I call? Nurse practitioner?</p>		

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