STRICTLY CONFIDENTIAL

My Health Action Plan Assessment/ Review

Name **DOB** **NHS No.**

My eyes	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
My ears	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
My teeth and gums	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

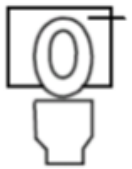
STRICTLY CONFIDENTIAL

My Health Action Plan Assessment/ Review

Name **DOB** **NHS No.**

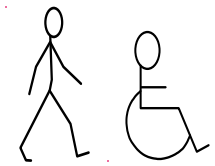
My feet	What's working?	What's not working?	What needs to happen?	Who needs to do what?
My weight	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Blood pressure	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

STRICTLY CONFIDENTIAL
My Health Action Plan Assessment/ Review
Name **DOB** **NHS No.**

 Weeing and pooing	What's working?	What's not working?	What needs to happen?	Who needs to do what?
My medicines	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Sleep	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

STRICTLY CONFIDENTIAL
My Health Action Plan Assessment/ Review
Name **DOB** **NHS No.**

Derbyshire Healthcare NHS Foundation Trust

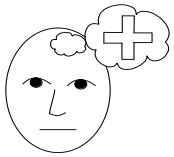
 Moving around	What's working?	What's not working?	What needs to happen?	Who needs to do what?
Eating and drinking	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Diet	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

STRICTLY CONFIDENTIAL
My Health Action Plan Assessment/ Review
Name **DOB** **NHS No.**

Exercise	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Smoking	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Alcohol	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

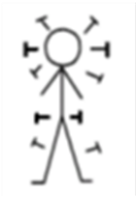
STRICTLY CONFIDENTIAL
My Health Action Plan Assessment/ Review
Name **DOB** **NHS No.**

Derbyshire Healthcare NHS Foundation Trust

Drugs	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Contraception	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
 Mental Health	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

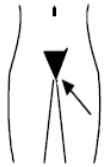
STRICTLY CONFIDENTIAL
My Health Action Plan Assessment/ Review
Name **DOB** **NHS No.**

Derbyshire Healthcare NHS Foundation Trust

 Pain	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Epilepsy	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
X Diabetes	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

STRICTLY CONFIDENTIAL
My Health Action Plan Assessment/ Review
Name **DOB** **NHS No.**

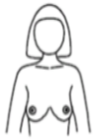
Derbyshire Healthcare NHS Foundation Trust

Allergies	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Asthma	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
 Smear test	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

STRICTLY CONFIDENTIAL

My Health Action Plan Assessment/ Review

Name **DOB** **NHS No.**

 Breast screening	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Bowel screening	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Checking my balls	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

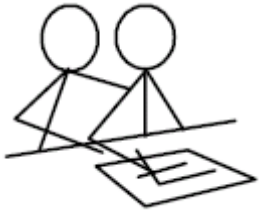
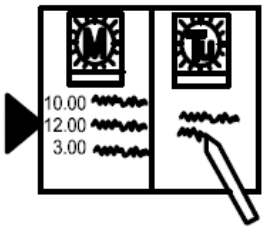
STRICTLY CONFIDENTIAL

My Health Action Plan Assessment/ Review

Name **DOB** **NHS No.**

Annual Health Check	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Other	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?
Other	What's working?	What's not working?	What needs to happen?	Who needs to do what? By when?

STRICTLY CONFIDENTIAL
My Health Action Plan Assessment/ Review
Name **DOB** **NHS No.**

	Who helped me with my Health Action Plan Assessment/Review?
	When will we talk about my Health Action Plan again?
	Who would I like to show my Health Action Plan to? E.g., GP, friends, family, support staff…

Review date……Signed……Designation / role……..

Symbols materials produced in 'Writing with Symbols 2000' and reproduced with permission from Widget Software Ltd.Tel:01926 333680.
Created by Lizzie Barton and Lynn Morris Strategic Health facilitators. Based upon a format for CPA reviews created by Gaynor Ward, Consultant Nurse.
Derbyshire Healthcare Foundation NHS Trust 2011.