Consent

1. **Make sure I understand:**

- ☐ How much will it cost out of pocket
- ☐ How much will it hurt
- ☐ How long will it take
- ☐ How long is recovery
- ☐ What are the home care commitments
- ☐ Can I have someone with me
- ☐ Other

2. **How I will maintain consent during physical procedures** eg. thumbs up means yes, crossed arms means no, stop means no.

- ☐ When I want it to start
- ☐ When I want it to slow down
- ☐ When I want it to continue
- ☐ When I want it to stop
- ☐ Continual Consent Check

3. **What helps me to prepare for a physical procedure** eg. bringing personal comfort items, wearing comfortable clothes.

- ☐
- ☐
- ☐

4. **What healthcare professionals can do to help me during physical procedures.**

- ☐ Use my body part language refer to ABOUT ME - PERSONAL IDENTITY CARD Q5.
- ☐ Please don't talk to me during the procedure
- ☐ Talk to me / distract me during the procedure

Clearly and specifically explain:

- ☐ What items of clothing to take off or leave on
- ☐ Where to sit, lay down, or stand up
- ☐ What to do with my body e.g. lift up arms, walk across the room
- ☐ What I'm allowed to do during, including moving around
- ☐ What will happen, including if and when I will be touched or which tools will be used on me
- ☐ Other

Notes:

PROFESSIONAL - PAIN

SELF ADVOCACY IN HEALTHCARE

TODAY MY PAIN IS:

- ☐ 1. Moderate pain
- ☐ 2. High pain
- ☐ 3. Extreme pain

1. **How I appear and act on a bad day** (i.e. a day when I am in a lot of pain)

2. **How I appear and act on a good pain day** (i.e. a day when I am NOT in a lot of pain)

3. **My pain profile**

- ☐ I have constant pain
- ☐ I have pain that comes and goes
- ☐ My pain sensitivity changes regularly
- ☐ Other

4. **How I will communicate I am in pain**

5. **Healthcare professional need to be specific when asking me to describe these types of pain**

- ☐ Current pain
- ☐ One that hurts the most
- ☐ Intensity of pain
- ☐ Location of pain
- ☐ When the pain comes on
- ☐ One that impacts your life the most
- ☐ Other

6. **What pain measurement tools are helpful to me**

- ☐ Number scales
- ☐ Faces that show pain
- ☐ Body diagram to pinpoint pain
- ☐ Examples using words
- ☐ Examples using gestures
- ☐ Examples using pictures
- ☐ Pointing to body parts on a model
- ☐ Other

Notes