

# PATIENT PROFILE

Name: Date:
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WORKING TOGETHER	MY HEALT	H B	ELIEI	-S		
Who are you? List 5 words to describe your identity. (Examples – student, plumber, Republican, parent, wife, brother, Asian-American, LGBTQ, Jewish).	How much do you thi health negatively or p each question.				•	•
brother, Asian-American, EGBTQ, Jewish).	each question.	o (not at	all)	3 (some)	5 (	(a lot)
1.)2.)	Religion/spirituality	0 1	. 2	3	4	5
- \	Meditation/prayer	0 1		3	4	5
3.)4.)	Natural healers	0 1	. 2	3	4	5
5.)	Your doctor/provider	0 1		3	4	5
5-/	Family support	0 1		3	4	5
When it comes to your health, healthcare, or wellbeing,	Friend support	0 1		3	4	5
what is most important to you?	Vitamins and minerals	0 1	. 2	3	4	5
	Prescription medicines			3	4	5
	Exercise	0 1	. 2	3	4	5
	Food/drink	0 1	. 2	3	4	5
	Stress	0 1	. 2	3	4	5
	Workplace	0 1	. 2	3	4	5
What do you want your provider to know about you?	of people with shared be food, medicine, activity events, clothing, mater	, languag	e, music, a	arts, tradit		
What would you like to know about your provider?	Overall, I consider myse	elf to be	3	4		  5
	(unhealthy)	(somewhat	t healthy)		(very hea	
	Improving my health is			_		·
	0 1	2	3	4		5
	(not important)  I feel confident in my al		t important) manage m		very imp	ortant)
	0 1	2	3	4		5
	(not confident)	(somewhat	t confident)	(	very conf	fident)

Like control	Like control Confident Con	Column 1	Column 2	2 = mostly 3 = very  Column 3	Column 4
Firm	Likes challenge		Enthusiastic		•
Likes challenge	Likes challenge Promoter Problem solver Mixes easily Bold Fun-loving Adaptable Detailed Perfectionistic Detailed Fun-loving Adaptable Detailed Inquisitive Persistent Serving willed Likes new ideas Self-reliant Optimistic Good listener Sensitive Persistent Takes risks Loyal Accurate Takes charge Motivator Determined Perfectionistic Gives in Perfectionistic Good listener Sensitive Persistent Takes risks Loyal Accurate Controlled Determined Persistent Gives in Predictable Indexisive Orderly Indexistive Orderly Determined Productive Popular Dislikes change Conscientious Productive Popular Dislikes change Conscientious Dislikes change Conscientious Independent Inspirational Adventurous Initiator Nutruring Precise Independent Adventurous Initiator Independent Deliberate Delibe		1		
Problem solver Bold	Problem solver   Bold   Fun-loving   Adaptable   Detailed   Detailed   Inquisitive   Spontaneous   Thoughtful   Inquisitive   Persistent   Takes risks   Loyal   Accurate   Controlled   Controlled   Inquisitive	<u> </u>	_		
Bold	Bold   Fun-loving   Goal driven   Spontaneous   Thoughtful   Inquisitive   Inquisitive   Patient   Persistent   Persistent   Patient   Persistent   Persistent   Persistent   Patient   Persistent   Persistent   Patient   Persistent   Persist		_		
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Determined	Determined		_		
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Purposeful Adventurous Initiator Initiator Norturing Precise Inspirational Independent Inspirational Independent Action Oriented Inspirational	Purposeful	· ·	•		
Independent   Inspirational   Tolerant   Scheduled   Deliberate    Source: http://smalley.cc/images/Personality-Test.pdf  Check as many that apply:  What do you like to do?   Watch TV/Movies   Listen to music   Exercise (walk, run, play sports, etc.)   Other:    What's the best way for you to learn new things?   In what settings do you learn best?   Get someone to show you   One-on-one conversations   In small groups (2-5 people)   In large groups (3-5 people)   In large groups (3-5 people)   In large groups (15+ people)   In large groups (15+ people)   In a public facility (church, school, park, muse at home   Other:   Where do you go to learn about health?   In a public facility (church, school, park, muse at home   Other:   Where does most of your information come from?   Internet (WebMD, diabetes.org, etc.)   Social Media (Facebook, Twitter, etc.)   Your provider (doctor, PA, nurse)   Other:   Other:   Your provider (doctor, PA, nurse)	Independent				9
Source: http://smalley.cc/images/Personality-Test.pdf  Check as many that apply:  What do you like to do?  Read Watch sports Exercise (walk, run, play sports, etc.) Other:  What's the best way for you to learn new things? Get someone to show you Read about it Listen to someone explain it Watch a video about it Figure it out on your own Other:  Where do you go to learn about health?  Where does most of your information come from? Friends and family News (newspapers, TV) TV Shows (Dr. Oz, The Doctors, etc.) Other:  Source: http://smalley.cc/images/Personality-Test.pdf Watch TV/Movies Listen to music  One-on-one conversations In small groups (2-5 people) In large groups (5-15 people) In large groups (5-15 people) In a public facility (church, school, park, muse At home Other:  Internet (WebMD, diabetes.org, etc.) Social Media (Facebook, Twitter, etc.) Your provider (doctor, PA, nurse)	Source: http://smalley.cc/images/Personality-Test.pdf  sheck as many that apply:  What do you like to do?  Read Watch TV/Movies Listen to music Exercise (walk, run, play sports, etc.) Other:  What's the best way for you to learn new things? Get someone to show you Read about it In small groups (2-5 people) In small groups (5-15 people) In large groups (5-15 people) In the clinic/medical facility Other: In a public facility (church, school, park, muse) Where do you go to learn about health? Where do you go to learn about	_			Precise
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# MY COMMUNICATION STYLE & PREFERENCES

What are your communication preferences? How would you like your provider to communicate with you? "I appreciate when my provider (fill in the sentence)"... Check the boxes that apply most.

	Gives/Maintains eye contact	Asks direct, straight forward questions
	Avoids eye contact	Gives direct, straight forward answers
	Uses Visuals - chart on the TV monitor, illustrations, models	Gives me an opportunity to reflect/repeat
П	Gives written instructions/step-by-step	back what I heard/understand
П	Allows me time to take notes	Clarifies his/her understanding by
П	Uses hand gestures	reflecting/repeating back what I say
	Speaks softly	Shares resources for me to learn more
	Speaks loudly	between visits
	Speaks very slowly	Thoroughly explains medical terminology
	Speaks very slowly	Other:

## FOOD LABEL

I feel comfortable reading a food label...

0	1	2	3	4	5
(not at all)		(a little/somewhat)		(very c	omfortable)

Nutrition Serving Siz Servings po			½ cup 4
Amount pe	r serving	0750 87501 80	51143000
Calories	250	Fat Cal	120
			%DV
Total Fat	13g		20%
Sat Fat	9g		40%
Cholester	28mg		12%
Sodium 5	5mg		2%
Total Carb	ohydrate 30g		12%
Dietary F	iber 2g		
Sugars	23g		
Protein 4g	l		8%
2,000 calorie be higher or k calorie needs. Ingredient: Sugar, Water, Milkfat, Peanu	Daily Values (DV) and diet. Your daily value wer depending on your Street Cream, Skim Mill Egg Yolks, Brown Str Oil, Sugar, Butter, Vanilla Extract.	es may your k, Liquid Sugar,	

Please use the food label to answer the questions below. This portion of the survey will help the provider know how he/she can help you in managing your healthcare.

If you eat the entire container of this food, how many
calories will you eat?

If you are allowed to eat 60 grams of carbohydrates as a snack, how much of this food could you have?

You doctor advises you to reduce the amount of saturated fat in your diet. You usually have 42 g of saturated fat each day, which includes one serving of this food. If you stop eating this food, how many grams of saturated fat would you be consuming each day?

If you usually eat 2,500 calories in a day, what percentage of your daily value of calories will you be eating if you eat one serving of this food? \_\_\_\_\_

<u>If</u> you were allergic to penicillin, peanuts, latex gloves, and bee stings, would it be safe for you to eat this food? Why or why not?

\_\_\_\_\_

Source: http://www.pfizer.com/files/health/nvs\_flipbook\_english\_final.pdf

### THANK YOU!