Coordinating Around ICAN

A different approach to patient-centered care

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Activity

What if?

I have to be a patient 4 out of the 5 days of my week.

I spend so much time caring for my family, I have neglected taking care of myself.

My wife has cancer now, and well, my diabetes doesn't really matter at this point.

My greatest joy is playing with my grandchildren and it's hard with my arthritis.

MAYO CLINIC

Your Life Your Healthcare

- What are you doing when you're not sitting here with me?
- Where do you find the most joy in your life?
- What's on your mind today?

These questions can help shift discussion towards the broader life of your patient. Use as many of them as you wish.

MAYO CLINIC

My Life My Healthcare

How does your healthcare fit with your life?

This discussion aid will help you and your clinician talk about how your healthcare fits with your life.

Are these areas of your life a source of **satisfaction**, **burden**, or **both**?

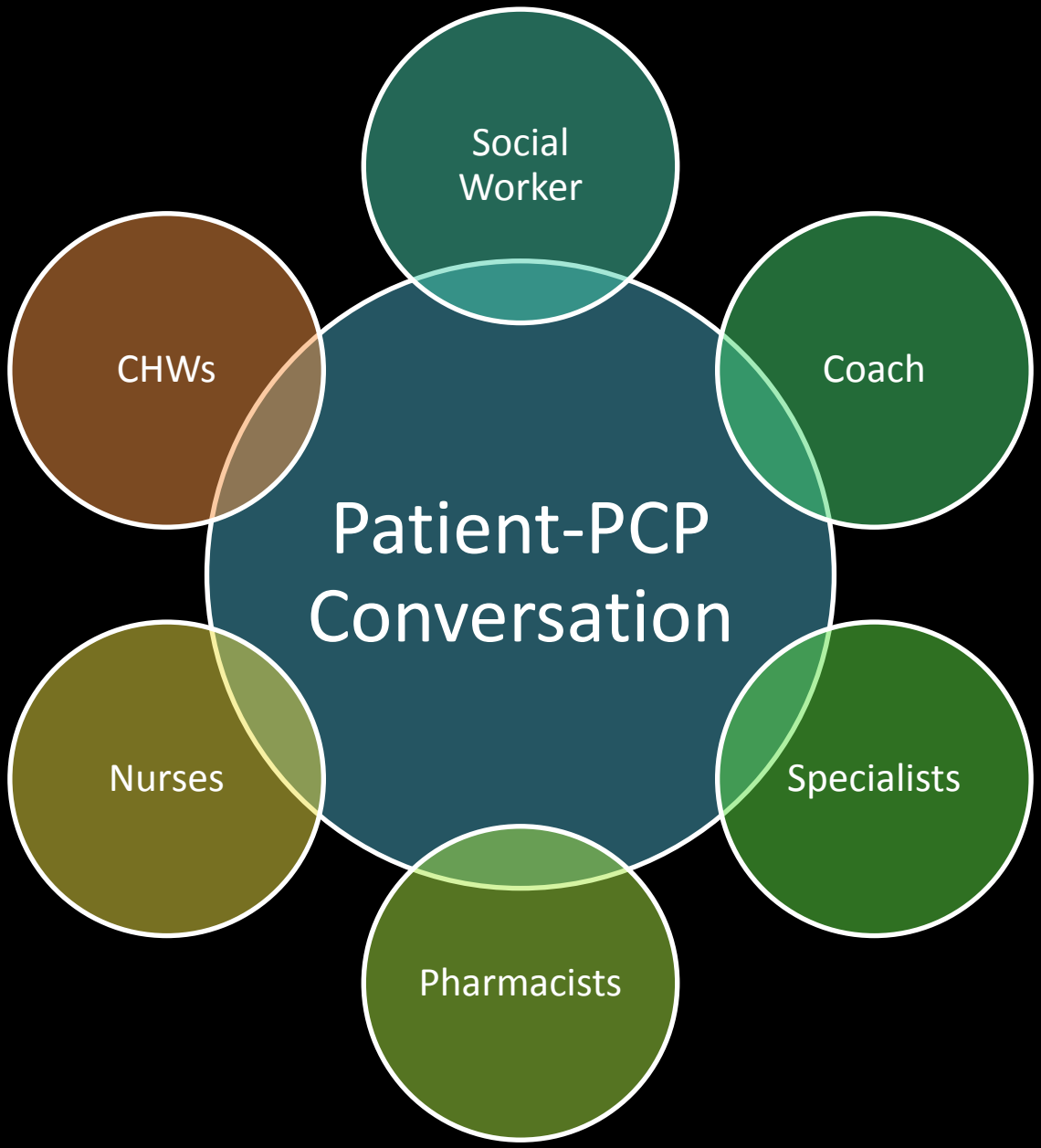
	Satisfaction	Burden
My family and friends	☐	☐
My work	☐	☐
My house and neighborhood	☐	☐
Free time, relaxation, fun	☐	☐
Faith or personal meaning	☐	☐
Being active	☐	☐
My rest and comfort	☐	☐
My emotional life	☐	☐
My senses and memory	☐	☐
Eating well	☐	☐

What are the things that your doctors or clinic have asked you to do to care for your health?

Do you feel that they are a **help**, a **burden**, or **both**?

	Help	Burden
example: come in for appointments	☐	☐
example: take aspirin	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐

Two Models


Social Worker
CHWs
Coach
Patient-PCP Conversation
Nurses
Specialists
Pharmacists

She is currently attending cardiac rehabilitation and she denies any significant chest pain with physical activity. Currently she is unable to do most of the activities in her life that bring her joy such as going to the casino with friends or going to the dinner theater in the Twin Cities friends. She hopes to minimize her visits with physicians and be able to resume regular activities.

Ms. Smith admits she has not been focusing her efforts on her diabetes. However, she has joined the Y gym with her sister and tries to exercise on a regular basis. She has lost 2 kg and is happy with that. She admits that checking her blood glucose and her insulin therapy is a burden for her at this point.

CAPACITY COACH
Nurses
Social Workers
Psychologist
YOU
Pharmacist
Nutritionist
Doctors & NPs
Lifestyle Coach

Patient is currently employed full time at [workplace]. She is also a caregiver for her mother whom has dementia. She fixes her dinner nightly and tucks her into bed as she becomes confused if patient does not assist. Patient also has a 19 yr. old daughter whom she cares for, her daughter has anxiety, depression, and OCD; she attends therapy weekly. Patient states that she is always "going, going, going, placing herself last." She has struggled with the diagnosis of "pre-diabetes" as in her mind she tells herself that it is not full blown diabetes, so it must not be "too serious." She was recently told by a specialist that she has "4 years" until she'll have diabetes, which has motivated her to take her medications more routinely and has been a motivator for her to focus on herself and her health.

Patient states that she continues to work 8-11 hours per week as a psychotherapist for delinquents. She also has her grandson for 9 hours per day, which she takes great pride in. She enjoys gardening and reports that her knees are sore from gardening all week long. She states that she is not managing her health as well as she would like, and pulled out a handful of loose pills from her pocket. She reports being tired of poking her finger and states that this morning she had to do it twice as no blood came out of her first attempt.

Visit Note Handout

Illness Intrusiveness Handouts

Brainstorm

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