

Whole Person Assessment

Welcome to Hunter Integrated Pain Service

START HERE



Tick problems

Name:

Date:

1. BIOMEDICAL

Safe and Sensitised

- Pain
- Medication (see pink sheet)
- Cannabis

Ideas

4. MINDBODY

Mind-Body Connections

- Emotions
- Overthinking/worrying
- Poor sleep

Ideas

2. ACTIVITY

Foundation Movements for Safety

- I can't walk 1km
- I can't stand up 5 times in 15 sec
- I can't lift my arms 5 times in 15 sec

Ideas

5. CONNECTION

People, Community, Culture

- Tension in relationships
- Loneliness
- Lack of meaningful life role(s)

Ideas

3. NUTRITION

The Gut-Brain Connection

- I don't eat enough vegetables
- I eat and/or drink too much sugar
- I am a smoker

Ideas

6. SUMMARY

Circle your 3 main problems

Planning My Changes

7. CHALLENGES

Tick challenges to attending groups at HIPS:

- Travel
- Time off work
- Childcare
- Other _____

10. NEXT STEPS

Are you interested in coming to an individual appointment at HIPS to learn about treating pain and other problems and expanding life? Please tick ONE

- No**, not at the moment.
- Yes**, HIPS will contact you when a pre-treatment appointment is available.

8. EXPANDING LIFE

I want to:

- be able to look after myself or others eg. grandkids
- stay independent/in my own home
- return to work or hobby

HIPS PHONE 4922 3435

Please feel free to call if you need support whilst you are on the wait list.

9. MAKING CHANGES

Write down at least one change you are prepared to make. This should be something you can commit to doing every day:

Thank you for attending the workshop today