

Physical Change Checklist

Health Issue	Recently, this change has concerned me (Respond: Yes, No or N/A)	Do I know how to explain or manage this change? (Respond: Yes, No or N/A)	Would more information or advice help me? Now? Later? (Respond: Yes, No or N/A)
Joint/Muscle			
My muscles and joints are starting to ache more often.			
My weight makes it hard for me to transfer and move around easily.			
I'm developing problems from using my assistive equipment/wheelchair.			
I notice I have more muscle/motor function.			
Respiratory/Cardiovascular			
I have shortness of breath when doing activities that aren't normally tiring.			
Skin			
After lying down, I feel soreness or see redness on my skin.			
My wheelchair cushion is uncomfortable or is irritating my bottom.			
I forget to do wheelchair push-ups or weight shifts.			
It takes sores and bruises longer to heal these days.			

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Nutrition/Exercise			
I'm not exercising enough.			
I'm not sure if I'm eating the right types of food.			
I haven't been very active lately.			
I would like to wheel around more or be more mobile.			
Genital/Urinary			
Recently, I have been experiencing incontinence.			
My urine is cloudy or has a stronger odor.			
I have difficulty maintaining and cleaning my catheter equipment.			
When I urinate, it comes out as "high pressure."			
Lately, I have felt some pains in my kidney or bladder.			
I would like to stop "cathing" because I started to void on my own.			
I'm becoming more sexually active, but I'm not satisfied with how things are going.			

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Physical/Social Environment			
I feel I'm too moody sometimes.			
I feel isolated.			
I'm having a harder time getting transportation.			
My home isn't that accessible.			
Other			
I don't sleep very well.			
I tire too easily; I just don't feel I tire too easily; I just don't feel very active.			
I have "accidents" or bowel problems.			
I'm having this burning, tingling pain that really bothers me.			
I feel very lightheaded.			
My spasticity is becoming worse.			