

McLaren Print System Order

Order No: 41936 Reprint Previous Order No: 5659
Order Date: 2019-01-15
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Ship Location: McLaren Central - Medical Arts Bldg-Dr. Shankariah-Attn: Sherrie
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Mt Pleasant, MI 48858

Forms

Quantity: 100
Paragon Dept No: 75310
Dept Name: Medical Arts-Internal Medicine-Dr. Shankariah
Company Number: 810

Order Total Price: 17.90

Item Number: MM-34529 D
Item Description: Self Management Goal Contract (Asthma)
Revision Date: 3/2012
Print: 1 sided full color
Paper: 32# Color Copy Text
Size: 8.5 x 11
Fold:
Finish:
Drill: None
Misc Info:

McLaren Medical Group
ASTHMA SELF MANAGEMENT GOAL CONTRACT
Patient Name:
Date: / /
To achieve good control of your asthma it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another.
One way I want to improve my health is (e.g., be more active)
My selected goal (e.g., walk 4 times)
When I will do it (e.g., mornings before breakfast)
Where I will do it (e.g., at the park)
How often I will do it (e.g., Monday thru Thursday)
What might get in the way of my plan (e.g., I have to take the children to school one day)
What I can do about it (e.g., I'll choose days when I don't take them to school)
How confident am I that I can reach this goal? circle one
1 2 3 4 5 6 7 8 9 10
Not at all 100% Somewhat confident Very sure Totally confident
Follow-up plan (how and when)
FOR OFFICE USE ONLY:
Date Reviewed: Patient met Goal Patient continues to work on goal
Patient encountered barriers. Problem solving with patient conducted. Revised Goal