

Effective Partnering

A Conversation Guide and Goal Tracker for Inflammatory Bowel Disease (IBD) Patients and Providers



Old Way of Thinking

- How am I feeling today?
- Fix my symptoms that are happening now.
- Tailor my treatments to my symptoms.



New Way of Thinking

- What is my risk of developing future complications?
- I want to be proactive versus reactive.
- Tailor my treatments to my disease severity, genetic makeup, risk, and personal goals.



Keeping track of your history, current treatments, and short- and long-term goals of your IBD care will help you and your provider effectively manage your disease and prevent future complications.

Symptoms:

Currently, I feel that my IBD is:

I'm currently experiencing the following symptoms:

- | | |
|---|--|
| <input type="radio"/> Abdominal pain | <input type="radio"/> Gas/bloating |
| <input type="radio"/> Bloody stools | <input type="radio"/> Joint pain |
| <input type="radio"/> Diarrhea | <input type="radio"/> Nausea |
| <input type="radio"/> Eye complications | <input type="radio"/> Skin complications |
| <input type="radio"/> Fatigue | <input type="radio"/> Vomiting |
| Other: | <input type="radio"/> No symptoms |

The symptom that is bothering me the most is:

Current Treatment Plan:

Current IBD treatments/medications:

Other current medications/complementary therapies:

Short-term IBD Goals (within the next 3 months):

Medical goals:

Personal goals:

Long-term IBD Goals (within the next 12 months):

Medical goals:

Personal goals:

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Clear Form

Print Form