

Tracking Needs and Concerns during Calls with the Nurse

CNCC Needs and Concerns		Calls from the Nurse								
Tip	Circle the number for each call that each tip sheet is covered.	1	2	3	4	5	6	7	8	9
	Skill-Building Tip Sheets									
SB1	Strengthening existing skills	1	2	3	4	5	6	7	8	9
SB2	Screening for depressive symptoms and other emotions	1	2	3	4	5	6	7	8	9
SB3	Maintaining realistic schedule and expectations	1	2	3	4	5	6	7	8	9
SB4	Problem solving strategies	1	2	3	4	5	6	7	8	9
SB5	Communicating with health professionals	1	2	3	4	5	6	7	8	9
SB6	Stress management workbook for caregivers and survivors	1	2	3	4	5	6	7	8	9
SB7	Goal Setting: Taking care of your health	1	2	3	4	5	6	7	8	9
	Finding information about stroke									
1	Warning signs of another stroke	1	2	3	4	5	6	7	8	9
2	What is a stroke and what to expect at home	1	2	3	4	5	6	7	8	9
3	Risk factors for another stroke	1	2	3	4	5	6	7	8	9
4	Recommended lifestyle changes after stroke	1	2	3	4	5	6	7	8	9
5	The stroke survivor's medications	1	2	3	4	5	6	7	8	9
6	How to manage specific problems the stroke survivor may have	1	2	3	4	5	6	7	8	9

7	Which health professionals to call for advice	1	2	3	4	5	6	7	8	9
8	Where to find resources	1	2	3	4	5	6	7	8	9
	Managing survivor emotions and behaviors									
9	Dealing with the stroke survivor's emotions	1	2	3	4	5	6	7	8	9
10	Dealing with the stroke survivor's feelings about himself or herself	1	2	3	4	5	6	7	8	9
11	Dealing with the stroke survivor's difficult behaviors	1	2	3	4	5	6	7	8	9
12	Dealing with the stroke survivor's changed personality.	1	2	3	4	5	6	7	8	9
13	Dealing with the stroke survivor's problems with thinking	1	2	3	4	5	6	7	8	9
14	Communicating with the stroke survivor	1	2	3	4	5	6	7	8	9
15	Love, affection, and sexuality issues	1	2	3	4	5	6	7	8	9
16	Keeping the stroke survivor socially active	1	2	3	4	5	6	7	8	9
	Providing physical care									
17	Helping the stroke survivor to eat	1	2	3	4	5	6	7	8	9
18	Helping the stroke survivor to take medications	1	2	3	4	5	6	7	8	9
19	Helping the stroke survivor to exercise	1	2	3	4	5	6	7	8	9
20	Learning how to help the stroke survivor walk, transfer to a wheelchair, move about, or avoid falls	1	2	3	4	5	6	7	8	9

21	Assisting the stroke survivor with bathing, dressing, or going to the bathroom	1	2	3	4	5	6	7	8	9
	Providing instrumental care									
22	Learning how to manage finances	1	2	3	4	5	6	7	8	9
23	Trying to cover the cost of the stroke survivor's health care	1	2	3	4	5	6	7	8	9
24	Legal health care issues and social security	1	2	3	4	5	6	7	8	9
25	Going places with the stroke survivor	1	2	3	4	5	6	7	8	9
26	Finding care for the stroke survivor while I am away	1	2	3	4	5	6	7	8	9
	Dealing with own personal responses									
27	Dealing with my own emotions while providing care	1	2	3	4	5	6	7	8	9
28	Dealing with new responsibilities that I am not used to	1	2	3	4	5	6	7	8	9
29	Finding the best way to ask family and friends for help	1	2	3	4	5	6	7	8	9
30	Dealing with other things in my life	1	2	3	4	5	6	7	8	9
31	Taking care of my own health	1	2	3	4	5	6	7	8	9
32	Keeping my energy level up	1	2	3	4	5	6	7	8	9
33	Keeping my own social life going	1	2	3	4	5	6	7	8	9
	Other Tip Sheets									
34	Finding a nursing home	1	2	3	4	5	6	7	8	9
35	End of life	1	2	3	4	5	6	7	8	9