

Tracking BCOS Life Changes during Calls with the Nurse

BCOS Item	BCOS Life Changes	Calls from the Nurse									Related Tip Sheets
	Write in your rating for each life change during each call. Changed for the Worst -3 -2 -1 Did not Change 0 +1 Changed for the Best +2 +3	1	2	3	4	5	6	7	8	9	
1	My self esteem	1	2	3	4	5	6	7	8	9	27
2	My physical health	1	2	3	4	5	6	7	8	9	31, SB7
3	My time for family activities	1	2	3	4	5	6	7	8	9	33
4	My ability to cope with stress	1	2	3	4	5	6	7	8	9	27
5	My relationship with friends	1	2	3	4	5	6	7	8	9	33
6	My future outlook	1	2	3	4	5	6	7	8	9	27
7	My level of energy	1	2	3	4	5	6	7	8	9	32
8	My emotional well-being	1	2	3	4	5	6	7	8	9	27
9	My roles in life	1	2	3	4	5	6	7	8	9	28
10	My time for social activities with friends	1	2	3	4	5	6	7	8	9	33
11	My relationship with my family	1	2	3	4	5	6	7	8	9	29
12	My financial well-being	1	2	3	4	5	6	7	8	9	22,23, 30
13	My relationship with the stroke survivor	1	2	3	4	5	6	7	8	9	9-16
14	My physical functioning	1	2	3	4	5	6	7	8	9	31, SB7
15	My general health	1	2	3	4	5	6	7	8	9	31, SB7
16	In general, how has your life changed as a result of taking care of the stroke survivor?	1	2	3	4	5	6	7	8	9	27-33

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