

Patient Self-Managed Care Perception & Confidence Scale Re-Assessment

Tell us what you think about your healthcare and your ability to manage your health.

1. I have discussed my ideas and beliefs about my health problems and treatment with my healthcare team.
 Yes No Don't know

2. I understand my role and responsibilities in managing my own health.
 Yes No Don't know

3. I have set self-managed care goals.
 Yes No Don't know

4. I worked with my healthcare team to solve problems so I could meet my goals.
 Yes No Don't know

5. I have identified individuals (friends, family and community members) to call upon for help with my healthcare.
 Yes No Don't know

6. I was able to achieve at least one goal I set.
 Yes No Don't know

Are you confident that you can...

Prevent problems with your health?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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Know when to get medical care and when you can handle a health problem yourself?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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Talk to your doctor about what concerns you?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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Find solutions to new situations or problems that come up with your health?

Not at all confident	1	2	3	4	5	6	7	8	9	10	Totally confident
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