



Sensitive Practice Request

For people who have experienced trauma or upsetting experiences.

Dear patient,

This form helps you share information with your doctor and other health professionals.

The information can be useful for providing the best health care for you.

You don't need to share any upsetting or difficult information that you don't want to share.

You can use this form at appointments as many times as you want.



Your first language:

Would you like an interpreter arranged? **Yes** **No**

Details of the interpreter you would like: (for example, male/female/other; face to face or telephone; lives locally or another state):

Some things that will help me at my appointments

✓ Tick the actions you would find helpful

- Allow me to bring a support person to my appointments
- Introduce yourself and your role to me
- Introduce other workers and explain why they are there
- Get to know more about me first
- Don't ask me questions about my past experiences
- Explain what you are going to do and why
- Speak slowly and clearly
- After explaining, invite me to ask you questions
- Check that I understand
- Ask "what could make this easier for you?"
- Allow me to undress and dress alone
- Ask me if I am okay to be touched before touching me
- If I need to have a procedure, explain it to me and give me written information to read (if I am able to read it)
- Tell me it is "okay to stop" the examination or procedure at any time
- Let me signal you if I want you to stop at any time during the procedure
- Talk to me about how I can calm down if I feel worried or stressed during appointments
- Use my name
- Remind me to keep breathing
- Talk to me about a procedure after I am dressed and sitting
- Write down what was done, and anything I need to do, on paper for me



Other things that will help me:



Anything else I want you to know:



Thank you for listening

