

PATIENT INTAKE CHECKLIST

Before your first appointment

Please complete this short checklist and bring it to your first session. It helps me use our time together to design the right plan for you.

■ Your main goal for treatment (e.g. climb stairs without stopping)

■ A list of your current respiratory medications and inhalers

■ Any recent hospital letters, spirometry or scan reports

■ Notes on when symptoms are best and worst during the day

■ Typical triggers (exercise, cold air, allergens, stress)

■ Any recent chest infections in the past 12 months

■ Details of past surgeries or hospital admissions

■ Your usual level of daily activity

■ Questions you'd like to ask during the session

■ Preferred appointment location (clinic or home visit)

■ Any mobility considerations for home visits

■ Emergency contact name and phone number