



## Health skills checklist

<http://www.girlshealth.gov/disability/medical/skills.cfm>

| Skill  | I can do already | I need practice |
|--|------------------|-----------------|
| Understand my health condition   |                  |                 |
| Understand my diagnosis and prognosis (what condition I have and what will happen)       |                  |                 |
| Ask my doctors, nurses, and therapists my own questions                                  |                  |                 |
| Make doctor's appointments   |                  |                 |
| Meet alone with doctors, nurses, and other caregivers                                    |                  |                 |
| Answer questions from doctors, nurses, and therapists                                    |                  |                 |
| Know my medications and what they do   |                  |                 |
| Get a prescription filled  |                  |                 |
| Keep a calendar of doctor and dentist appointments                                       |                  |                 |
| Know height, weight, and birth date  |                  |                 |
| Take my temperature and read the thermometer   |                  |                 |
| Know danger signs that relate to my illness or disability                                |                  |                 |
| Know health emergency telephone numbers  |                  |                 |
| Know medical insurance coverage numbers  |                  |                 |
| Talk about the health tasks I can do   |                  |                 |
| Talk about dangers of drugs and alcohol with family                                      |                  |                 |
| Take care of own menstrual needs and keep a record of monthly periods                    |                  |                 |
| Keep medical records on appointments, test results, and things the doctor tells me to do |                  |                 |
| Get sex education, birth control, and family planning information as needed              |                  |                 |

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