



# 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:**

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**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):

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## 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:**



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**Anything else I want you to know:**



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*Thank you for listening*

