

“Fly On The Wall” Patient Notes



If there was something you could do to accelerate the results you expect, would you do it?

Fly on the Wall patient notes is something I developed several years ago that give my patients the opportunity to partner with me and help me help you. It gives me the opportunity to know what's going on with you when I'm physically not with you, specifically between your appointments. I can tell you for certain, the patients who make the commitment to email me the information I detail below, get better results faster. Your care will also cost you less money.

I am committed to help you solve your health challenges and give you the answers I believe you deserve. The records I keep in your (digital) chart has helped me be very successful helping people find solutions for chronic unresolved pain. When I created the concept of “*Fly on the Wall*” notes, the outcomes my patients experienced became even better. Keeping notes of your progress and sharing them with me is your opportunity to partner with me and keep me in the loop of how life is going between appointments.

Here are some tips to remember when sending me notes:

Please send ONE email that includes all the information from the time you leave my office from one appointment up until your next visit.

Please separate in your notes by REGION, top to bottom of the body:

I need to be able to “copy & paste” a continuous block of text into body region in your chart. Remember I have a lot of patient who send me details, so it is important the format you send be usable. The idea here is not only to send me the information I need, but it's important you are not making me “work” to extract the information. (*You will see an example of a good format on the next page*)

If you have a neck and lower back condition and it's been 3 days between your appointments, write all the details about your neck that spans Monday, Tuesday Wednesday etc. including the date. Then do the same for your lower back.

Use a 1-10 scale (10 worst) An 8 means you can't sleep.

Use this scale for any symptoms you have including: pain, numbness, weakness, stiffness, ache, throbbing, pressure, tension, and difficulty performing tasks or activities (sports & exercise included), sleeping, concentration, focus, feeling agitated or stressed etc.

How often/frequently you feel symptoms:

Occasional 0-25% of the time

Intermittent 25-50% of the time

Frequent 50-75% of the time

Constant 75-100% of the time

Words that may be helpful for you to describe how you feel:

Tight, stiff, loose, flexible, free, guarded, sharp, dull, radiating. How is your mobility and movement? Is it reduced or improved? Include LEFT or RIGH, or BOTH, a location of pain or a landmark like shoulder blade, knee cap, top of neck at skull etc. is also very helpful.

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Please document what activities aggravate or improve your condition.

Examples include: weight lifting, walking, cycling, running, sleep, work, dishes, laundry and house cleaning, exercise, stretching, sitting, standing, going up or down stairs, sleeping or laying down, twisting, and bending, etc.

Please send the information to: gilcoleman@gmail.com and please put your name in the subject box.

Thank you for helping me help you! I am looking forward to seeing you improve your health. Please share my name with your family and friends who would like an opinion in solving a health challenge. Good care is not easy to find these days, and your referrals keep me busy doing what I do best – caring for people.

Keep me posted.

Dr. Gil

EXAMPLE:

Neck:

Tuesday 11/24/2010

Pain - 7 & frequent. Stiff - 8 & constant. Feels dull mostly, but sharp (2-3 seconds) when I look up. Continued nerve pain radiating from the left side of my neck down my left shoulder (stopping in my shoulder) when I look down. Sore - my neck muscles just feel sore. Tired feeling, like it's too much work for neck to hold up my head

Wednesday 11/25/2010

Pain - 5 & Frequent. Stiffness - 5 & Constant. Continued nerve pain radiating from the left side of my neck down my left shoulder (going a couple inches below my shoulder) when I look down.

Thursday 11/26/2010

Pain - 4 & intermittent (Pain like it's sore from doing too much. Maybe it's the "rapid release" that makes me feel like I really worked my muscles. But, in a good way.) Stiff - 3 & constant . Less pain, but continued nerve pain radiating from the left side of my neck down my left shoulder (going a couple inches below my shoulder) when I look down.

Low Back:

Wednesday 11/25/2010

Pain 4 frequent, and stiff 6: Nerve pain starting in my left hip going down my thigh about halfway to my knee on the outside of my leg. Worse when I sit for more than 15 minutes. Aggravated walking up stairs. Pain 4 and occasional at night turning in bed.

Thursday 11/26/2010

Pain - 6 & constant. Pressure - 4 & frequent (It's aggravated by repeated or extended time periods of bending, leaning forward, and/or twisting). Sitting and lifting makes pain worse. Pain 3 and occasional at night turning in bed.

Friday 11/27/2010

Pain - 4 & frequent. Pressure - 4 & intermittent (but I haven't been on my feet much today). Tight, but not stiff. Still numb feeling at my left SI joint and butt. Muscles feel achy and tense when I stand. Aggravated walking up stairs.