

# Hidradenitis Suppurativa Health Care Provider Discussion Guide

DATE \_\_\_\_\_



The first step in any health journey is getting started. Healing — whatever that looks like for you — may not be easy, and it may not happen as quickly as you'd like, but know that you can do hard things. Let's begin.

## Personal Check-In

How comfortable are you discussing your hidradenitis suppurativa (HS) symptoms with others?

- I completely avoid it when possible
- I can talk about it when absolutely necessary, but I feel uncomfortable and/or embarrassed
- I can talk about it freely, but only with certain people because I sometimes feel uncomfortable and/or embarrassed
- Anyone can ask me a question about my symptoms and I feel comfortable answering

What symptoms do you feel most anxious talking about?

What does "doing well" with HS feel like to you?

What about "doing poorly"?

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How much of an impact do your HS symptoms have on your quality of life?

- I have not had to make any adaptations or avoid any activities
- I wake up earlier to prepare to leave the house because of symptoms
- I avoid going to places or doing activities that exacerbate my symptoms
- I avoid leaving the house at all because of symptoms
- I \_\_\_\_\_

How much of an impact do your HS symptoms have on your mental health?

(mark with an "X")

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NO IMPACT

SEVERE

In the past six months, have you had to avoid certain activities because of your symptoms? If so, which ones?

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What are your usual stress management strategies?

Exercise, medication, alcohol, "stress" eating, binge-watching TV, drugs, talking with friends, etc.

## Dermatological History

Have you ever experienced the following symptoms?

- Pain from affected areas on or under the skin
- Lumps or boils under the skin
- Lesions on the skin
- Pus and drainage from skin

How often do you experience symptoms?

- Once a month or less
- Once a week
- Once a day
- Always

Where do you experience symptoms?

- In one area on the body
- In multiple areas on the body, but skin symptoms such as boils, lesions or sinus tracts are not connected to each other
- In multiple areas on the body, and skin symptoms such as boils, lesions or sinus tracts are connected to each other

Do your symptoms come and go in severity?

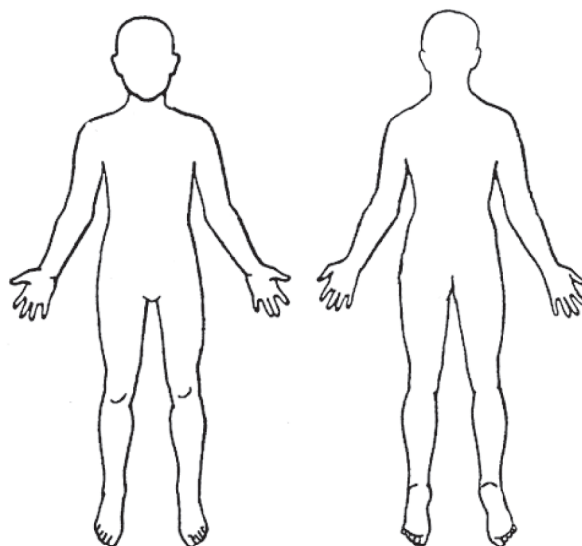
- Yes
- No

Do you have any scarring of the skin after flares?

- Yes
- No

Where on your body do symptoms appear?

(mark with an "X")



Do you have any of the following diagnoses?

- Diabetes
- Ulcerative colitis or inflammatory bowel disease
- Polycystic ovarian syndrome (PCOS)
- Arthritis
- Cardiovascular disease
- Obesity

## Mental Health Check-In

Have you recently experienced any of the following symptoms?

- Feeling sad or low
- Feeling anxious or having excessive worry or fear
- Difficulty sleeping
- Sleeping too much
- Avoiding friends and social activities
- Feeling shameful or concerned about your body image and weight

## My Priorities Today

What are the top questions or concerns you'd like to address during this appointment?

### Action Items

- Set up next appointment
- Fill medication prescription
- Call referral for appointment
- Plan a self-care day
- Research suggested treatments

### Notes

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### Personal Check-in

After your visit, how do you feel emotionally and physically?

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### Health Care Provider Post-Visit Evaluation

*Talking to a doctor about very personal symptoms can feel uncomfortable at first, especially if it's a new provider. Here are some questions to consider after your visit:*

- |  |                              |                             |                                 |
|--|------------------------------|-----------------------------|---------------------------------|
| Did I feel like my experiences were validated?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Did I feel heard?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Can I be vulnerable with this person?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Do I feel more hopeful?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Can I imagine opening up more to this person in the future?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Did I leave with actionable steps for my health?<br><i>i.e., a referral or another appointment</i> | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |
| Did I get my questions answered?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Unsure |

*How did that feel? Allow yourself some grace and gratitude for showing up to do difficult work. **You got this.***