

# SUPPORTING YOU TO SET #GOALS IN ATOPIC ECZEMA

## Using the Goal-Setting Tool

We know that when you visit your doctor or nurse, the appointment can often feel too short and you may not have time to speak to them about all the different ways in which atopic eczema is impacting your life.

This Goal-Setting Tool has been created to support you in discussions with your doctor or nurse, to address the areas of your life which are most difficult to control because of atopic eczema.

Talking about how atopic eczema may be holding you back from achieving your goals – whether big or small – can help your healthcare provider to understand the impact of your condition beyond the physical symptoms.

## Goal-Setting Questions

It can be a good idea to answer certain questions to help you prepare for your next appointment. The following questions have been developed in collaboration with leading patient groups and medical experts to help you to discuss your goals with your doctor or nurse.

Write down your responses to take to your next appointment.



Take the first step at [www.SetMyGoals.co.uk](http://www.SetMyGoals.co.uk)

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**Q1** Is your atopic eczema itch or pain keeping you from your **normal daily activities**? Circle your answer

Yes      No      Sometimes

**Q2** Is your atopic eczema affecting your **sleep**? Circle your answer

Yes      No      Sometimes

**Q3** Do you feel your atopic eczema is **under control**? Circle your answer

Yes      No      Sometimes

**Q4** What would you like to **learn** about your condition? Tick all that apply or suggest your own

- How to help track and control my symptoms
- How to get the most from my doctor appointments
- Understand more about my treatment and care options
- How to cope with negative feelings
- Where to go for practical support and advice
- Other \_\_\_\_\_

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**#GOALS**  
Setting higher goals in atopic eczema

#Goals has been developed and funded by Eli Lilly and Company in partnership with international patient groups and medical experts working in atopic eczema.

**Q5** Which **areas of your life** do you find most difficult to control because of your atopic eczema? *Tick all that apply or suggest your own*

- |   |  |
|---|--|
| <input type="checkbox"/> My career          | <input type="checkbox"/> My relationship |
| <input type="checkbox"/> My family life     | <input type="checkbox"/> My social life  |
| <input type="checkbox"/> My mental health   | <input type="checkbox"/> Other _____     |
| <input type="checkbox"/> My physical health | _____                                    |
|   | _____                                    |

**Q6** In your own words, describe some of the **reasons why** your atopic eczema makes these areas of your life difficult to control.

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**Q7** When it comes to **managing** your atopic eczema, what would help you feel more in control of your life? *Tick all that apply or suggest your own*

- |   |  |
|---|--|
| <input type="checkbox"/> Tracking my symptoms on a regular basis              | <input type="checkbox"/> Designing my own care plan, with support from professionals |
| <input type="checkbox"/> Talking to my doctor about the impact of my symptoms | <input type="checkbox"/> Connecting with other patients for support                  |
| <input type="checkbox"/> Other _____  |  |
| _____   |  |

## Goal-Setting Worksheet

Fill out this simple worksheet with your doctor or nurse during your next appointment. They can give you important advice about how to set goals to help you manage your atopic eczema.

**GOAL START DATE**

**MY GOAL**

**STEPS TO REACHING MY GOAL**

1	4
2	5
3	

**TWO THINGS THAT WILL HELP ME REACH MY GOAL**

1
2

**I WILL KNOW I HAVE REACHED MY GOAL BECAUSE:**

**GOAL REVIEW DATE**



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