

Hernia Action Plan

Use the Hernia Action Plan to reduce your risk of developing a hernia – or to reduce the impact your hernia has on your life by taking matters into your own hands. The Hernia Action Plan allows you to decide how you will take action by writing down your own goals for different focus areas.

Find tools,
inspiration and Core
4 exercises online
on Coloplast® Care

\$URL\$

Focus area – and how a personal goal for it could look like	Write your own goals here	What went well? (Fill out 6 weeks later)
Think Before You Lift Example: I will bend my knees when I lift things	_____ _____ _____ _____	_____ _____ _____ _____
Core 4 Exercises Example: I will do Core 4 exer- cises at least two times a day	_____ _____ _____ _____	_____ _____ _____ _____
Regular General Exercise Example: I will take a 10 minute walk every day	_____ _____ _____ _____	_____ _____ _____ _____
Take Control Of My Weight Example: I will eat a more balanced diet	_____ _____ _____ _____	_____ _____ _____ _____
Stop smoking Example: I will stop smoking over the next two months	_____ _____ _____ _____	_____ _____ _____ _____
Supportive Underwear Example: I will find some supportive underwear I like – and start wearing it	_____ _____ _____ _____	_____ _____ _____ _____
Support garments Example: I will ask my stoma nurse about support garments	_____ _____ _____ _____	_____ _____ _____ _____
Do an online Ostomy Check Example: I will check my ostomy every 3 months for changes in shape – or for issues	_____ _____ _____ _____	_____ _____ _____ _____