



WELLNESS WORKSHEET III

Communicating with Your Physician

The time constraints of a typical medical visit make it essential that you prepare for your visit to a health care professional and use your time to maximum advantage. To help get more out of your next medical visit, fill in the following information and use the checklist.

Before the Visit

Prepare a list of concerns, questions, and observations. Bring the list with you to the appointment and refer to it as needed.

Primary reasons for visiting physician (choose a reasonable number given the length of the scheduled appointment):

Notes about symptoms (when they started, how long they last, exactly where they are located, what makes them worse and what makes them better):

Special concerns about your symptoms (for example, fear of having a serious disorder or of being contagious):

What treatments you have already tried:

What you think might be causing the problem (for example, a recent camping trip or sexual encounter):

Medications and supplements you are currently taking:

Relevant medical history (allergies, pregnancy, past illnesses):

What you most want to get out of your visit:

(over)

During the Visit

The following strategies can help you get more out of a medical visit; check off those you use during your visit.

- ___ Present key concerns at the very beginning of the visit.
- ___ State concerns specifically and concisely, using the notes prepared beforehand.
- ___ Be open and honest about health concerns, symptoms, and physician recommendations.
- ___ Ask questions.
- ___ Participate in the decision-making process about a treatment plan.

At the End of the Visit

Before you leave the appointment, you should be able to fill in the following information; if you can't, ask your physician for clarification or further information.

The diagnosis (the nature and cause of your symptoms):

The prognosis (the expected duration, course, and outcome of the condition):

The physician's treatment recommendations and instructions—what you are supposed to do:

The follow-up plan (returning for a visit, phoning for test results, reporting any specific signs or symptoms, etc.):
