

Questions for Your Health Care Team

Questions about the agenda

- I'd like to tell you about what I would like to accomplish today.
- What do you think we need to cover today?

Questions about treatment

- Are there any alternatives or options?
- What are the side effects?
- What are the benefits?
- How confident are you that this will help?
- How will I know if the treatment is working?
- When can I expect to see a change?
- What will I notice?

Questions about my condition

- What ideas do you have about what is contributing to my problem?
- What concerns you the most?
- What kinds of problems or difficulties should I watch out for?

Questions about self-management

- What can I do to manage my condition?
- What might get in the way of my success?
- What resources/materials might help?
- What programs or services in my community might be helpful?
- How can my family/friends help?

Notes

- Things to ask my doctor
- Current symptoms
- Medicines I'm taking
- Instructions from my doctor
- Follow-up appointment

Date: _____

Time: _____

Location: _____

If I have problems or questions, call:

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