

MAKING THE MOST OF EVERY APPOINTMENT

Before you attend each appointment consider the following things:

Decide what you want to get out of your appointment. You may wish to fill in this form to take with you to be used as a reminder during the consultation.

Think carefully about ways you can improve your own health. Consider the common things that can make our health worse e.g. smoking, drinking too much alcohol, over eating, not doing enough exercise. Your doctor would be happy to help you to set and achieve goals that may improve your overall health.

Arrange a double appointment if you need to deal with more than one thing or have to discuss something that may require more time and consideration.

Consider taking someone along with you to help prompt you about the things you want to talk about and to remember the outcomes from the consultation.

Remember to cancel any appointments you can't make

During your appointment:

Tell your doctor of any new symptoms or changes in your current symptoms

Pass the 'Patient Agenda' form to your doctor and at the end of the appointment check you have covered what you wanted to and have an agreed action plan.

If you don't understand what the doctor is saying to you, ask them to repeat it so that you are both clear.

Don't be worried about asking questions.

PATIENT'S AGENDA SETTING FORM

What would you like to discuss with the doctor today?

1. _____
2. _____
3. _____

Goal Setting - What is the most important thing you want to get out of your appointment today?

Worries - What future treatment would you prefer to avoid?

Joint Agreed Action Plan

1. _____
2. _____
3. _____

Follow Up

