

CHECKLIST FOR DOCTOR'S APPOINTMENT

You may find it helpful to refer to this checklist as you progress through the rehabilitative process and as you are seen by each of your treating physicians.

BEFORE the visit:

1. Why am I going to this health care provider? What are my symptoms?
2. What else worries me about my health?
3. What do I expect the provider to do for me today?
4. What questions do I want to ask?

DURING the visit: (complete with the help of the provider, if necessary)

1. Record: Temperature, Blood Pressure, Height/Weight, etc.
2. Explain to the doctor all of your injuries and pain after the incident.
3. Explain to the doctor what causes you pain and when.
4. What is the diagnosis?
5. Medications?
 - (a) What?
 - (b) What exactly does it do?
 - (c) When do I take it?
 - (d) Take with food?
 - (e) Interactions with other medications?
 - (f) Side effects?
 - (g) How long will I have to take this?
6. Over the Counter Medications?
 - (a) What?
 - (b) What exactly does it do?
 - (c) When do I take it?
 - (d) Take with food?
 - (e) Interactions with other medications?
 - (f) Side effects?
 - (g) How long will I have to take this?
7. Are there any helpful patient education materials available for the condition or proposed treatment plan?
8. What should I do at home? Activity? Treatment? Exercise? Precautions?

AFTER the exam: (complete with help from the provider if necessary)

1. Am I to return for another visit? Why? When?
2. Am I to phone for test results? When?
3. What danger signs should I look for?
4. Should I check back by phone for any reason? When?
5. What else should I know?