

Empowering Patients: Patient Doctor Relationship: Making the Most of Every Visit

Prepare for your medical visit by:

1. Make a **list of your concerns**.
2. **Share it with the staff when you call for an appointment.**
3. **Briefly reviewing that list at the beginning of your visit with your doctor.**
4. **Bring a pen and paper** to write down the things you wish to remember.

The 4 things you should know about every medication, treatment or investigation a doctor recommends:

1. *Indication (What is it for?)*
2. *What are the **common risks** (or side effects)?*
3. *What are the **major risks** (or side effects)?*
4. *What are the **alternatives**?*

The key details you need for every drug:

1. *Indication (What is it for?)*
2. *Potential **Interactions** (with food or other drugs)*
3. ***Brand name & generic name***
4. ***Dose** (e.g. mg) and **frequency** (e.g. twice daily)*

Seven things you should know about your Medical History:

1. *Allergies*
2. *Family History*
3. *Hospitalizations*
4. *Major Illnesses*
5. *Operations*
6. *Chronic Medical Conditions*
7. *Medications*

KEYS TO ACHIEVING YOUR GOALS

- **Choose Wisely.** A goal that matters to you.
- **Visualize** yourself having achieved your goal, reprogramming your subconscious mind and priming the pump for success.
- **Break it down** from supersized into manageable morsels. You'll gain confidence with early wins.
- **Write down the details.**

SMARTTEST goals:

- ✓ **Specific:** What will you do? Where?
 - ✓ **Measurable:** How much? How long?
 - ✓ **Achievable:** Realistic and do-able.
 - ✓ **Relevant:** Important to you, your values and your health.
 - ✓ **Time Frame:** When will you start? When will you finish?
 - ✓ **Evaluate:** How did you do? What did you learn?
 - ✓ **Stepping Forward:** What will you do next? What will you do differently?
 - ✓ **Together:** Who will you work with? Who will you share with?
- **Anticipate** and prepare for roadblocks.
 - **Enlist support.** Consult with your family doctor. Choose a coach or teammate: your partner, friend or neighbor.

THE 4 FOUNDATIONS OF SELF-CARE

- **What you eat** (what you put into your body).
- **What you do** (physical activity and rest).
- **How you feel** (emotional wellbeing).
- **How you connect** (healthy relationships).

More articles on Empowering Patients can be found at [FETCH](http://sc.fetchbc.ca) (For Everything That's Community Health) sc.fetchbc.ca

Note: This article was written by Dr. Davidicus Wong and does not necessarily reflect the opinions of the Sunshine Coast Division of Family Practice

Please share this information with your family, friends and anyone else who may find it helpful.

Together we'll create a healthier community and a healthier future.