

Patient-Physician Partnership Toolkit: Appointment Discussion Tool

The AFMC Appointment Discussion Tool aims to support patients and healthcare professionals in establishing a collaborative relationship. The tool is intended to be used by patients in preparation for, during and after their scheduled appointments with their healthcare professionals. The following questions can guide these discussions to ensure concerns regarding health and prescriptions are addressed and understood.

1. Your priorities:

BEFORE YOUR APPOINTMENT:

List the Top 3 topics you would like to discuss with your physician today. (The most important things that you want to share/talk about.) List more if needed.

1.

2.

3.

2. Priorities of those closest to you:

BEFORE YOUR APPOINTMENT:

List the Top 3 items your family/caregivers/close friends would like you to discuss with your physician today.

1.
2.
3.

3. List your current medication(s).

BEFORE YOUR APPOINTMENT:

List all current medications, including prescriptions, over-the-counter medications, herbal/natural products. Consider bringing a printout from your pharmacy.

Have any medications been added, stopped or changed and why?

4. Important Contacts:

BEFORE YOUR APPOINTMENT:

Who can healthcare professionals call, when and why?

5. Prescription:

DURING YOUR APPOINTMENT:

Include key details written on your prescription (i.e. name and purpose of prescription).

A few questions to consider reviewing with your physician:

“How do I take/ingest the medications and for how long?”

“Which medications should I continue taking. Why?”

“How will I know its working?”

“Do I need to schedule a follow up appointment?”

6. Effects:

DURING YOUR APPOINTMENT:

Discuss the potential positive and negative effects of your prescription with your physician.

Positive effects:	Negative effects: <i>What potential side effects would indicate stopping the medication and/or contacting your healthcare professional?</i>

7. Clarify

DURING YOUR APPOINTMENT:

Repeat the treatment plan you and your physician/health care provider agreed to during your appointment. Summarize the plan, in your own words, to ensure you understand what your physician/healthcare provider is asking you to do. Review the medication you are being prescribed and how it could help you.

Use this space to write down information important to you from your appointment. Take a few minutes after your appointment to finish writing any important information while it is fresh in your mind.

8. Other healthcare professionals:

AFTER YOUR APPOINTMENT:

Once the physician/healthcare provider has prescribed your medication, you may meet with other healthcare professionals. Include key notes or comments shared by your other healthcare professionals (Nurse, pharmacist, other physicians, other health care professionals).

9. Pharmacist:

AFTER YOUR APPOINTMENT:

After meeting with your physician(s)/healthcare provider(s) and receiving your prescription, you will meet with your pharmacist. Take notes during this meeting. A few questions you could consider reviewing with your pharmacist:

Bring your list of prescriptions, over-the-counter medications and natural/herbal products.

"Have any medications been added, stopped or changed, and why?"

"What medications do I need to keep taking, and why?"

"How do I take my medications / what are the instructions and how long do I take it?"

"When should I start the prescription?"

"How will I know if my medication is working, and what side effects do I watch for?"

"Do I need any additional tests?"

Appointment Notes:

Pharmacist Appointment Notes Continued:

10. Safety and Storage:

Include key notes on safe storage, disposal and management of the prescription shared by your healthcare professional(s).

11. Next Appointment:

Indicate your next scheduled appointment date below.

Date: