

TIPS FOR PREPARING FOR YOUR DOCTORS APPOINTMENT



1 MAKE A LIST OF CONCERNS BEFORE YOU GO



Be prepared with a list of concerns for your doctor so that you can stay on topic and not forget anything. If you feel you need mental health support include this on your list.

2 BRING A SUPPORT PERSON



This can be a friend or family member. When our health is poor and/or we're scared of the outcome, our listening skills can be affected. The extra pair of ears can help you discern what is important and the next steps you need to take to address your health. You may forget certain statements made or you may forget to bring things up. If your support person is aware of your concerns in advance, then they can help ensure you are conveying your concerns.

3 AT THE VISIT



Stay focused on the facts of your symptoms and the dates they occurred. For example, "On this date I experienced fatigue and a headache. It lasted for two hours and I had to take an extra-strength Tylenol."

RESOURCES



Alberta Health Services - Patient Concerns and Feedback

<https://www.albertahealthservices.ca/about/patientfeedback.aspx>

The Government of Saskatchewan -

Resolving Health Care Concerns & Complaints

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/resolving-health-care-concerns-and-complaints>