



My Visit

One of the most important things that I want patients to learn from me is that you must prepare for your medical visits. Showing up unprepared puts you in a position for the possibility of an unsuccessful medical visit. We don't want that! Preparing helps you to provide My Patient Presentation (Video 2 in Better MED Visit Course), allows for more time to talk about other aspects of your life, build a relationship with your medical provider and gives you confidence to ask the questions you have and ensure you have a say in the plan of care you feel will work best for you.

Prepared patients are more likely to have improved health outcomes, enhanced communication, increased satisfaction, reduction in medical errors, cost savings, and are empowered to make informed decision about their health which boosts their confidence, reduces anxiety, and fosters a sense of control over their healthcare journey. If that doesn't make you want to be prepared, I don't know what will. Let's do this!

How to use this worksheet? Here are some of the questions your doctor will likely want to know about your main concern. They want a timeline of your symptoms with details. Prepare this information beforehand for when you doctor asks, "Tell me about what's going on...." You will say, "I noted the details of my symptoms, I first noticed them...." [provide My Patient Presentation based off OLD CARTS]. If your doctor goes immediately into direct questioning and doesn't provide an open-ended question, you'll be prepared to quickly answer their questions.

This is also the time to think about what you want to get out of this visit, what questions you have, as well as thinking through what, if anything has changed in your Health Picture (puzzle pieces) that may impact why you are feeling the way you are feeling. If you have an idea of what you think may be causing your current situation, you can and should share these thoughts.

You can do this!!



Questions your doctor may ask



Your responses



Chief/Main Concern

<i>What brings you in today? What are you most concerned about?</i>	
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OLDCARTS

Onset <i>When did you first notice it (time)? What were you doing when you noticed it (trigger)?</i>	
Location <i>Where are the symptoms located?</i>	
Duration <i>How long have the symptoms lasted? Do they come and go or are they constant? Have your symptoms changed over time?</i>	
Character <i>Describe it [the pain]. Is it dull, throbbing, sharp, etc.?</i>	
Associated symptoms <i>Do you notice anything else?</i>	
Radiation <i>Does it move?</i>	
Treatment	

Does anything make it worse or better?	
Severity Scale of 1-10, how bad is it? 1: not painful, 10: extremely painful	

Patient Perspective and Impact of Illness

Patient perspective What do you think is going on? Any recent changes in lifestyle? Recent procedures or medications/changes in medication? Related personal and/or family medical history?	
Impact of Illness How has this been impacting your life? Are you struggling to meet your basic living needs?	
Changes in “puzzle pieces”? Personal medical - New medications, specialists seen, vaccines, etc. Family – new conditions, deaths? Social – lifestyle, diet, sleep, mood, etc?	

Shared Decision Making

Your agreed upon plan of care and next steps: Write it down and repeat it back to your provider to ensure you understand. You can also ask for a visit summary with directions for next steps.
Use this space to write down any questions that you want to ask your provider during the visit: (See Questions worksheet for suggestions)

Reminder! Do you have an updated list of your medications?