

## Visits with Health Personnel

**My Full Name:** \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ MCP #: \_\_\_\_\_

### My Next of Kin -

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

### Medical Phone Numbers -

Doctor: \_\_\_\_\_ Public Health Nurse: \_\_\_\_\_

Hospital: \_\_\_\_\_ Drug Store: \_\_\_\_\_

### I have the right:

- to be told what is happening to me
- to have my questions answered in words I understand
- to know the different treatments, and to say yes or no, and to change my mind
- to be treated with respect and kindness at all times
- to know that my health information will not be shared with anyone unless I agree

### Planning your health visit -

1. Think about what you want to talk about before you go.
2. Write down 2 or 3 words that will remind you of what you want to ask.
3. Ask the most important things first.
4. Tell the health care worker as much as you can about what is bothering you.
5. Take your medicine list with you.
6. If you want, you can take someone with you to help you talk with your health care worker.

## **At the end of your visit -**

You might want to say: "I just want to make sure I understand."

### **Then ask these questions:**

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?
4. Will I get better?
5. How long will it take?
6. When do I need to see you again?

### **If you still do not understand, you might do one or more of the following:**

1. Say, "This is new to me. Please explain that to me again."
2. Say, "I do not understand that word. What does it mean."
3. Ask for a picture of the medical problem.
4. Ask to have things written down.

### **Questions about medicine:**

1. What is the name of this medicine? Please write it down for me.
2. What will it do for me?
3. Are there problems that this medicine might cause?
4. Are there other medicines or treatments that might also help me with this problem?
5. Will these other medicines or treatments cause any problems?
6. How much does the medicine that you are recommending cost? Is there another medicine that works the same but costs less?
7. When should I take this medicine?
8. How long will I need to take it?

