

Time to Talk...

*Building a good
relationship with
your doctor*

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Here are tips to help you build a good relationship with your doctor. Read these tips to help you prepare for your next doctor's appointment.

Listen and learn

- **Check to make sure you understand.**
First, listen to your doctor. Then, use your own words to describe what they said.
- **Ask for a clear explanation.**
It is okay to ask your doctor to explain things that you don't understand.
- **Ask questions about your health problem and treatment.**
Write down your questions before your visit.
This can help you to remember what you want to ask.



Tell your doctor about yourself

Tell your doctor about yourself.

Let the doctor know about the kind of person you are. This will help them to get to know you better. Then they can work with you to solve your health problems and decide what kind of treatment is right for you.

Tell your doctor what you think about your problem.

Describe your problem to the doctor and tell them what seems to make it better or worse. This can help your doctor to give you more information about your problem and help you to understand it better. It also can help your doctor to make the best treatment plan for you.

Check to make sure you're being understood.

It is okay to ask your doctor if they understand what you're saying to them.

Think about what makes it hard for you to take care of yourself

Talk about what makes it hard for you to take care of yourself.

Let your doctor know if there are parts of your treatment plan that may be hard for you to stick to. For example, some people might find it hard to give up their favourite foods or they might have trouble remembering to take their medicine every day.

Solve problems.

Break up your treatment plan into small steps. This can help you figure out how to solve those things that are hard for you.

Check to make sure you understand your doctor's instructions.

You can repeat what you heard and ask if that is correct.

Ask about your medicines.

Knowing more about your medicines, their benefits and possible side effects, helps you stay on track with your treatment plan. Also, find out why you need to make changes in your lifestyle. Understanding how these changes can be good for you might make it easier to make the changes and improve your health.

Work Together

Set goals for the visit.

Tell your doctor what you want to talk about during the visit. This helps make the most of your time together.

Decide what is most important.

Make a list of your problems and worries. Put the most important things at the top of the list.

Talk about new and different ways to take care of your health.

Together, you and your doctor may come up with ideas you hadn't thought of before.

Be involved in the decision-making process.

Talk with your doctor about your treatment, any possible side effects, and costs. Also, talk about how you see the treatment plan fitting in with the way you live.

Build a strong relationship

Be honest about your concerns.

You may feel worried or afraid about your problem and treatment. This is normal. Let your doctor know about your fears. Ask for more information about your health problem. When you know the facts, it might help you to deal with your worries.

Work well with your doctor.

Talk about the best ways for you and your doctor to work together.



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