

Talking with Your Healthcare Provider

When you talk with your healthcare provider, it's important to tell him/her just what's happening. Use the tips below to talk with your provider.

Before making the call, have the following information with you:

- Your personal health record
- List of your medications
- Pharmacy name and telephone number
- Your current problems/illnesses/diagnoses

S SITUATION

I am having:

- Pain (explain where pain is felt): _____
- Unexplained weight gain
- Difficulty sleeping
- Vomiting
- Harder time breathing
- Other (explain): _____
- Weight loss
- Nausea
- Bleeding
- Foul drainage from my wound

B BACKGROUND

I began to feel this way: _____
(When did it start?)

What makes it better is: _____

What makes it worse is: _____

How long it lasts: _____

It prevents me from doing my usual activities: Yes No

My last: Weight _____ Blood sugar _____
Temperature _____ Blood pressure/pulse _____

A ASSESSMENT

I think I feel this way because (Include any other possible reasons: emotional, stress, finances, new medication): _____

R RECOMMENDATION (by your doctor) Write down your doctor's instructions: _____
