

BE A RESPONSIBLE PATIENT

Doctor Visits

Take notes with you on any specific problem you are having: Don't rely on your memory.

1. WHEN does it happen
2. Where (the area of the body)
3. What were you doing at the time
4. Time of day problem happens
5. How long has your problem been going on

Write down any questions you have and take this with you to the doctor's office.

Seeing the emergency room or specialist?

Take the following items with you.

- Insurance cards
- HMO referral for specialist
- Medication and Health History
- Money for co pays
- Call specialist before appointment to see if office received referral – don't assume
- Copy of Health Care Directive (Living Will)



Provided by Community of Christ Health Ministries Association
www.HMACofChrist.org 816-833-1000 ext 1262

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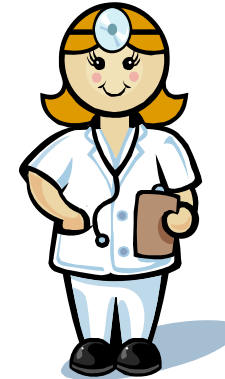
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Health and Medication Histories

- Make a list of medications, dosage and how often taken-include herbal and alternative treatments
- Copy of health history for spouse and copy of theirs to carry with you at all times
- Give a copy of your health history to the person named on your Health Directive
- Have doctor's office make a copy for themselves
- Request copies of laboratory and radiology reports – take with you when seeing specialist if appropriate
- List the medications you are allergic to or cause untoward side effects.

If Health History and Medication list is lengthy when filling out office medical history, write “see attached Health History and Medication list” and be sure office makes a copy of your list and attaches it to your record.

List the dates of illnesses or surgeries.

If you don't understand what your physician is saying, ask him/her to explain in different words. Ask questions if confused about a new medication.

Take a family member or very good friend who is willing to assume some responsibility for you when you have memory problems.

Recognize signs when you need to release some of your independence to someone else: Forgetfulness, confusion, difficulty walking, and difficulty doing your activities of daily living.

*“The heart of the righteous studieth to answer. The preparations of the heart in man, and the answer of the tongue, is from the Lord.”
Proverbs 15:28, 16:1*

Prepared by Betty Minton, RN



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