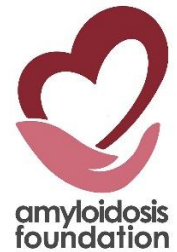


# Section 6: Questions & Answers



## **In this section:**

- Questions for the Doctor
- Questions for Your Care Team
- Patient Health Goals

## **How to use this section:**

- Keep track of questions you've asked and the answers you received.
- We've included some questions you may want to ask your care team.
- Share your questions and answers with your own caregiving team, who may have the same questions.
- Discuss with the patient their health goals, and share this information with physicians and other medical professionals, as well as other caregivers.

## **Notes:**

# Questions for the Doctor



Ever drawn a blank when the doctor asks if you have any questions? Or, you asked a questions, but don't remember the answer? Keep track here.

## Examples of questions:

- What should I expect when/from...
- Are there any side effects to the medication(s)?
- What "red flags" should I watch out for?
- I'm worried about...
- I'm confused about...

Date Asked: \_\_\_\_\_

Your Question: \_\_\_\_\_

\_\_\_\_\_

Doctor's

Answer: \_\_\_\_\_

\_\_\_\_\_

Date Asked: \_\_\_\_\_

Your Question: \_\_\_\_\_

\_\_\_\_\_

Doctor's

Answer: \_\_\_\_\_

\_\_\_\_\_

Date Asked: \_\_\_\_\_

Your Question: \_\_\_\_\_

\_\_\_\_\_

Doctor's

Answer: \_\_\_\_\_

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Date Asked: \_\_\_\_\_

Your Question: \_\_\_\_\_

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Doctor's

Answer: \_\_\_\_\_

\_\_\_\_\_

Date Asked: \_\_\_\_\_

Your Question: \_\_\_\_\_

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Doctor's

Answer: \_\_\_\_\_

\_\_\_\_\_

Date Asked: \_\_\_\_\_

Your Question: \_\_\_\_\_

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Doctor's

Answer: \_\_\_\_\_

\_\_\_\_\_

Date Asked: \_\_\_\_\_

Your Question: \_\_\_\_\_

\_\_\_\_\_

Doctor's

Answer: \_\_\_\_\_

\_\_\_\_\_

# Questions for Your Care Team



Caregivers are not expected to be medical professionals. Below are some key questions and concepts you can talk over with your patient's doctors, nurses, and therapists while they are in the hospital or after discharge. Please add your own questions to the list.

- What are the machines/fluids for?
- What should I expect while the patient recovers?
- Can you review the patient's medical record with me?
- What kind of supervision will the patient need at home?
- Can I give the patient more pain medication if they ask?
- Are there side effects to any of the patient's medications?
- Is there anything specific ("red flags") I need to watch for? Who do I call/what do I do if I notice any problems?
- Are there any activities the patient should NOT be doing? For example: driving, walking, living alone.
- Are there any foods the patient cannot eat?
- What kind of therapy will the patient need? How can I help?
- What do you need to know from me?
- This is what is most important to us once we get home:\_\_\_\_\_.
- I'm worried about:\_\_\_\_\_.
- I'm confused about:\_\_\_\_\_.
- Can you please clarify what this means?:\_\_\_\_\_.

Other questions:

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# Patient Health Goals



Setting attainable goals helps improve health and wellness. Patient and physician goals are often the same, but described in different ways.

For example, 76-year-old Helen's goal is to wear her good shoes again, but her feet and ankles are so swollen, she can't. Her doctor wants her to reduce her sodium (salt) intake and exercise 30 minutes every day. Helen doesn't see the point, but Helen and her doctor have the same goal: To reduce swelling. A reduced sodium diet and daily exercise help reduce swelling in the feet and legs, which would enable Helen to wear her good shoes.

## Get on the Same Page

**Step 1:** Use the space below to write down your health, wellness and lifestyle goals. For example: Go bowling or dancing, play golf, drive a car, take a trip, lose weight, walk a mile, play on the floor with children/grandchildren, sleep better, or reduce stress.

**Step 2:** Share this page with your doctor.

**Step 3:** Talk to your doctor about how your treatment plan will help you achieve your goals.

## My Goals

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