

Becoming Active Partners in our Medical Care

Medical services have become increasing complex and fragmented, increasing the risk of medical errors. Further, physicians and nurses are human, and under increasing time constraints.

Honest communication and the exchange of accurate information are essential to receiving quality medical care.

Becoming informed about your medical condition enables you to ask good questions, recognize possible errors, and take advantage of emerging opportunities.

Providing key information in a concise way helps your medical team to fully understand your unique clinical circumstances.

When seeking also a second opinion, we bring out the best in our health care providers – setting up a kind of peer review.

Be politely PERSISTENT when needed, but also respectful of your doctor's time. He or she has other patients, sometimes with medical emergencies.

... Inquire if this is a good time to ask questions, and how else you might communicate your concerns.

Patients Against Lymphoma

Patients Helping Patients

3774 Buckwampum Road,
Riegelsville, PA 18077
Phone: 610-346-8419 | Fax: 801-409-5736
Support@Lymphomation.org

Patients Against Lymphoma is
a Not For Profit 501 (c) (3) organization

Overview: Provide concise information (in writing) for your doctor, so that he or she can quickly get up to speed on your clinical circumstances, questions, and treatment goal.

Treatment goals?

Observation? Management? Curative Intent? Durable remission?

(often based on your clinical circumstances)

Clinical circumstances?

The unique factors that determine how to best monitor or treat the lymphoma:

See Summary of factors

<http://www.lymphomation.org/treatment->



[About Lymphoma](#) | [Advocacy & Art](#) | [CAM & Life Style](#) | [Clinical trials](#) | [Docs & Centers](#) | [Guidelines at Diagnosis](#) | [How to Help](#) | [Side Effects](#) | [Support](#) | [Symptoms](#) | [Tests](#) | [Treatments](#) | [Types of Lymphoma](#)

OPTIMIZING DOCTOR VISITS

Being an active partner starts with trusting that our questions are valid.

Be concise, honest, prepared, and organized

- **Prepare for Consults**
- **Basic Communication Objectives**
- **Becoming Active and Informed Partners in Our Medical Care**

Prepare for consults:

Bring to all consults:

- Trusted friend / relative to take notes, but also to raise the level of the consult.
- Referral from primary care doc
- Insurance cards
- Authorization (insurance)
- Contacts: emergency, other docs, local pharmacy

Provide to doctor / nurse:

- Diagnosis, treatments and medical history (concise)
- List of Medications, Supplements, and Allergies
- List of Symptoms / side effects

Two copies of written questions (such as):

- Treatment objective?
- Discuss all FDA / NCCN recommended therapies.
- What is the rationale for recommended therapy?
- Second opinion?
- Discuss at least one clinical trial.

Bring to first visit / second opinion:

Key test results such as:

- Pathology report & slides
- Radiology reports / film
- Blood tests

Ask about:

- Is this covered by my insurance plan?
- Care managers
- Mental health professionals
- Pain specialists
- Physical therapists
- Nutritional experts
- Social workers / financial help
- Support groups

Request:

- Scripts for meds / tests / immunizations
- Copy of test results
- Next consult?

Basic Communication Objectives

- To provide accurate information to our doctors and report symptoms or side effects honestly and in a timely manner.
- To help our medical team to efficiently determine our medical needs.
- To receive timely access to high quality medical care and related services when needed.
- To foster a mutually respectful and supportive relationship with our health care team.
- To consult with experts for a second opinion, particularly prior to treatment for a life-threatening condition, or when there is some uncertainty about:
 - best practice, such as timing or type of therapy
 - the meaning of test results
 - the diagnosis