

Doctor Visit Worksheet

You may wish to photocopy this worksheet for repeat visits, helping to create a record of your therapy.

Appointment Date/Time: _____

Location and Phone Number: _____

Physician Name: _____

List of current medications, including prescription and over-the-counter medications, herbal supplements, and vitamins:

| <i>Medication</i> | <i>Dose (strength)</i> | <i>Number of times a day you take your medicine?</i> |
|--------------------------|-------------------------------|---|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

Do you smoke? ***Yes*** ***No***

Do you drink alcohol? ***Yes*** ***No***

If yes to either question, be sure to discuss with your doctor.

Prior to Appointment

How are my symptoms? _____

Changes in my symptoms since my last visit: _____

Other healthcare providers I have seen: _____

Questions about my dosage regimen: _____

What type of exercise I have been doing: _____

Questions I need to ask to learn more about my Parkinson's disease: _____

During/Immediately After Appointment

New prescriptions from my doctor: _____

Changes to my medications: _____

Other suggestions from my doctor: _____

When is my next visit? _____

Tips for Communicating With Your Healthcare Provider

Good communication with your healthcare provider is important to your health. Here are some suggestions for your next visit.

- Write down a list of questions prior to your next doctor's visit.
- Talk to your healthcare provider about any symptoms or concerns you've been having even if they seem small, unimportant, or embarrassing.
- Be honest when answering questions about your health.
- Take notes if you aren't sure you'll be able to remember everything later. You can also ask for brochures or other materials to take home to read.
- If your healthcare provider uses words you don't know, ask for an explanation or definition. Repeating the explanation is a good way to make sure you understand. For example, you might say, "I just want to make sure I understand. You're saying..." Then your healthcare provider can clear up any misunderstanding.
- If there's not enough time during your visit to address all of your questions, ask if you can speak with a nurse.

