

Office Visit Planner™

Make the most of every minute your healthcare team spends with you. Fill in this planner before each appointment and you'll never find yourself tongue-tied again when the doctor asks: "So, what brings you here today?" or "How long has this been going on?" Then flip the planner over to write down exactly what you're going to do to get healthy and get going with life!

Doctor's name: _____ Date of appointment: _____

Questions and Concerns

The reason I'm seeing the doctor today is:

Symptoms to report:

- Coughing
- Shortness of breath
- Wheezing
- Heavy or tight feeling in the chest
- Difficulty sleeping
- Runny nose
- Stuffy nose/congestion
- Postnasal drip
- Itchy nose, eyes or inside the mouth
- Skin rash
- Other: _____

Talking points:

- When did you first notice the symptoms?

- How often do they happen and how long do they last?

- What have you done to treat them, and has it worked?

- Have you had any recent changes to your environment:
New home? New pet? New job or hobby? Family stress?

- Do your symptoms change when you're exposed to cold air,
animals, strong scents or smoke?

Helpful Hint: Use AANMA's AsthmaTracker® daily symptom diary to keep track of symptoms and treatments. It's quick and easy! See the Spring 2004 issue of *Allergy & Asthma Today* or call 800.878.4403 to order reprints.

Medication Check

Bring all the medications you currently take with you to the appointment. List them here:

Talking Points:

- Confirm with your medical care provider that the medicine you're taking is the one the doctor prescribed (this is particularly important for nebulizer medications, HFA and CFC metered-dose inhalers, and antihistamines).
- Demonstrate how you use your inhaled medications to make sure you're doing it right.
- Have you noticed any unwanted side effects from your medicine?

- Make a list of any over-the-counter medications you've been taking, as well as vitamins or herbal teas and supplements.

Healthy Idea: Two heads are better than one when it comes to remembering what the doctor says. Consider bringing a family member or friend with you to the appointment, especially if you're the one who isn't feeling well or if your child is really sick. That way you have one person to comfort the child and one to write down the instructions.



Allergy & Asthma Network
Mothers of Asthmatics

800.878.4403 • breatherville.org

Diagnosis and Doctor's Orders

Results of physical exams:

weight _____

blood pressure _____

lung function tests _____

other tests _____

Diagnosis:

Do's and Don'ts:

Medicine:

Write down names and dosing instructions of all recommended medicines. Be specific; if your doctor says to use a medication "as needed" or "in an emergency," be sure you know what that means. Ask if there are any side effects to watch out for and what you should do if they occur. Is a generic version available or okay to use?

Lab tests or other procedures:

Ask why you need the test and what it will be like. When will you get the results? What will positive or negative results mean to your treatment plan?

For More Information

Ask about books, Web sites or organizations that offer reliable help.

- Allergy & Asthma Network Mothers of Asthmatics
800.878.4403 or www.breatherville.org

- _____
- _____
- _____
- _____
- _____
- _____

Before You Say Goodbye

- Go over the action items with your healthcare team, asking them to spell and explain medical terms you do not understand. (It happens to all of us!)
- If money is a barrier to carrying out the treatment plan, let your nurse or physician know right away. There are many programs to help patients with financial need.
- Find out how to get help if you have questions after leaving the appointment or if the treatment doesn't work as expected.

Person to contact: _____

Phone number: _____

E-mail: _____

- Schedule your follow-up appointment (or make a note of when to call later).

Next appointment: _____



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