

DISCUSSION GUIDE

PROMPTS TO IMPROVE THE CONVERSATION WITH YOUR PROVIDER



Tell Your Provider

Any concerns, feelings, or questions you have about your health and care at this point



Regarding your *health*, discuss:

- Progress you have made
- Pain, discomfort, or unusual feelings
- Changes to your environment
- Any potential risks
- Your long-term goals

Regarding your *care*, discuss:

- Tasks you have completed
- Plans or preferences for your care
- Timing and expectations
- Procedures, treatments, or tests
- People who support you

Ask Your Provider



- What do I need to do and why?
- What can I expect going forward?

- What should I be aware of?
- Who can I contact with questions or concerns?

Write Your Notes



YOUR PROVIDER WANTS TO HEAR FROM YOU

Collaborative care is the safest and most effective care. Healing requires partnering with your provider. Clinics are “rank-free” zones.

The National Capital Region Medical Directorate (NCR MD) is committed to improving your healthcare experience. This Discussion Guide was developed as a direct result of patient interviews conducted across the NCR MD. We hope it will help to empower you to have more meaningful conversations with your healthcare providers.