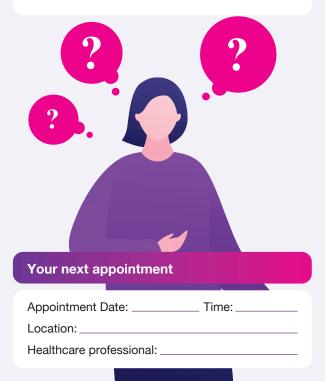


Prompt sheet for patients

When you are feeling unwell and/or worried it can be hard to think of all the things you want to ask.

What is important to you?

- People often have questions and concerns when they come to their appointment
- Thinking of your questions and concerns before your visit will help with your appointment
- Common questions and concerns for appointments are listed here, these may or may not be important to you



Before your visit

- Some people find it helpful to talk with family and friends about their appointment
- Write down all your questions and think about which ones are the most important **to you**

During your visit

- Ask your most important questions early in the visit
- Take notes of your conversation to help you remember what was said
- Ask your healthcare worker if you don't understand the words used or if you want more information
- If it would help, ask for a picture or drawing that helps explain your illness or treatment
- Repeat what your healthcare worker says in your own words

After your visit

 Write down what you have learned, next steps, treatment, medication and questions as they occur

Making conversations easier





Prompt sheet for patients



Many people have questions during their visit. Here are some common things people have questions about:

My Illness

- What has caused my illness?
- Can I pass it on to someone else?
- Can it be cured?/Might it get better by itself?

My Treatment

- What are my options?
- What are the pros and cons of each option for me?
- How do I get the support to make a decision that is right for me?

My Tests

- What are the tests that I should have?
- What are the pros and cons for these tests?
- What are the results of the tests that I have had?

My Care

- Who else might be able to help me?
- Where can I read more about my care?
- When should I come back to see you?

My questions BEFORE my appointment







www.hse.ie/nhcprogramme www.nhcprogramme.ie/download @NHCProgramme

Prompt sheet for patients



Many people have thoughts and ideas they would like to discuss. Take come time to think about and write yours here.

These may help you form your questions and concerns

Can I... I wonder... I feel... I am scared about... Should I... I don't understand... What if... I am worried that... I sometimes think that...

Things about my family/my life Important for my care

Ideas
Concerns
Expectations







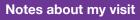
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After my appointment

Things I need to remember

Next steps for me









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