

SELF-CARE ESSENTIALS CHECKLIST

UNDERSTANDING YOUR RECENT DIAGNOSIS

Your clinician just gave you a diagnosis that could change your life. Now you need to learn more about your condition and talk to your clinician about how it can be treated.

Remember, quality health care is a team effort. You have an important role to play to make sure you receive the best care possible. So, get involved in your health care. Talk to your clinician. Research shows that patients who have a good relationship with their clinicians receive better care and are happier with the care they receive.

Some things to try:

- ▶ Take notes.
- ▶ Learn as much as you can about your condition(s).
- ▶ Bring a family member with you.
- ▶ Talk about the services you need.

ASK YOUR PHYSICIAN

- What is my diagnosis?
- What is the technical name of my disease or condition, and what does it mean in plain language?
- What is my prognosis (outlook for the future)?
- What lifestyle changes will I need to make?
- Is there a chance that someone else in my family might get the same condition?
- Will I need special help at home for my condition?
- Is there any treatment?
- What are my treatment options?
- How soon do I need to make a decision about treatment?
- What are the benefits and risks associated with my treatment options?
- Is there a clinical trial (research study) that is right for me?
- Will I need any additional tests?
- What organizations and resources do you recommend for support and information?

Source: Agency for Healthcare Research and Quality, www.ahrq.gov



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