



# Your Doctor Appointment

Being involved in the discussion and decision

## The concept in a nutshell

Patients would like to actively participate in their treatment and discuss it eye-to-eye with their doctor. Both you and your treating doctors will benefit when you are well prepared for the discussion with them.

While your doctors are medical experts in the field of health and illness, you are the expert when it comes to your physical and mental well-being. These two responsibilities must complement each other. The discussion with the doctor should therefore be structured so that a good exchange of information takes place.

This information exchange not only includes illness-related information, but also your personal needs with regard to the medical treatment. This allows the doctors to tailor the therapy to your individual situation. For example, if your doctor prescribes physiotherapy twice a week for you, you must be able to follow the appointments.

The medical measures that your doctors prescribe must also be feasible for you. With an individually tailored plan, you have greater chances of a successful treatment.

## What does that mean for you?

A structured exchange of information between you and your doctor is only possible if you are well prepared.

Please note the following points regarding doctor consultations:

- To prepare for a doctor appointment, consult our checklist «Medical Consultation» and make a note of your questions and important information already at home.
- During the conversation, ask questions immediately if you do not understand explanations, terminology, or the treatment goals.
- To avoid misunderstandings, summarize your doctor's answers afterwards in your own words.
- Make sure that you know the advantages and disadvantages of the therapy options.
- Take notes. These will help you later when making further decisions.
- At the end of the interview, check that you have provided all relevant information to your doctor.
- It is important that you take enough time to evaluate the medical information and to decide for a therapy or treatment. Answering these three questions will help you:
  - What is my medical concern?
  - What exactly do I have to do now?
  - How and why do I have to do this?

## Here is how you can find out more



To prepare for a doctor appointment, please consult our checklist «Medical Consultation» in the Health Compass.

Do you have any questions? Write to us. You can reach us at [healthcompass@concordia.ch](mailto:healthcompass@concordia.ch).

### My notes

---

---

---

---

---

---

---

---

---

---