



Post-Appointment Record

Who did I see?

- Name: _____
- Profession: _____
- Contact information: _____
- Name of receptionist/office manager: _____
- Date of next appointment?: _____

What did I learn?

- Diagnosis: what is my medical condition? _____
- Prognosis: what is the likely course or outcome of my condition over time?

- Test results and next steps: _____

Changes to Medications

- New dosage? _____
- Take it at a different time? _____
- If stopping a medication, do I stop immediately? Finish what I have? Taper off?

Hints: Take a list of all your medications to your appointment and mark any changes. Remember to ask for a prescription if needed and to inform your pharmacist of any changes.

New Medications

- When to start? _____
- How is it administered? (oral, injection, etc.) _____
- How long will it take for the medication to have an effect? _____
- How long will I take it for? _____
- Are there any side effects or interactions to look out for?

Referral to another healthcare professional

Ask for a copy of the referral form. If it's not available ask:

- Name of healthcare professional: _____
- Contact information: _____
- Specialty: _____
- Reason for referral: _____
- Is it covered by my government insurance? _____

Referral for tests

Ask for a copy of the referral form. If it's not available ask:

- Name of test(s): _____
- Will doctor's office make appointment, or will I? _____
- Office/lab number: _____
- Reason for test: _____
- How do I find out how to prepare?: _____
- How/when will I be notified of results? _____
- Is it covered by my government insurance? _____

Recommendations for things I can do myself

- What new actions can I take or changes I can make to help manage my arthritis?

- Why is the change being recommended (for example, is a change in diet to help with weight loss or to avoid complications with medications?)

- Where can I look for help to make this change?

- Is there anything I need to look out for? (for example, an exercise class that is 'arthritis friendly')

Call them back

Don't hesitate to call your treatment team member's office if you:

- feel worse
- have more questions
- have problems with your medication
- have problems with other treatments
- have not received your test results