

Preparing for a Medical Appointment Tool

EXAMPLE Completed by Family Caregiver

Healthcare Provider Name: Dr. Mary Jones

Appointment Date: 11/22/2021

Is transportation arranged for the Appointment? Yes No

How will loved one get to appointment? My sister Susan will take mom to her appointment

Is someone going with patient to Appointment? Yes No; If yes; who: My sister, Susan

Patient/caregiver will take the following items to the appointment

Pain Diary Medication List Other: _____

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Patient/caregiver will remember to ask the Healthcare Provider the following questions:

1. Mom is having problems with pain in her legs, which does not seem to be elevated by OTC pain medication and putting legs up.
2. Should we use ice or heat on the pain in her legs?
3. Can I get a 90-day prescription vs 30-day prescription of medications?

We want to remember to share the following information with the Healthcare Provider:

1. Major concern(s): Having increased pain in legs and not sleeping well.
2. Major Changes happening in life (i.e., divorce, death of a loved one, etc.): Mom recently moved into a senior living setting.
3. Other Information: We recently changed mom's pharmacy from Walgreens to the CVS on Main St.

Date/Time of next appointment: 1/24/2022