

# DISCUSSION GUIDE

# PROMPTS TO IMPROVE THE CONVERSATION WITH YOUR PROVIDER



## Tell Your Provider

Any concerns, feelings, or questions you have about your health and care at this point



### Regarding your *health*, discuss:

- Progress you have made
- Pain, discomfort, or unusual feelings
- Changes to your environment
- Any potential risks
- Your long-term goals

### Regarding your *care*, discuss:

- Tasks you have completed
- Plans or preferences for your care
- Timing and expectations
- Procedures, treatments, or tests
- People who support you

## Ask Your Provider



- What do I need to do and why?
- What can I expect going forward?

- What should I be aware of?
- Who can I contact with questions or concerns?

## Write Your Notes



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## YOUR PROVIDER WANTS TO HEAR FROM YOU

Collaborative care is the safest and most effective care. Healing requires partnering with your provider. Clinics are “rank-free” zones.

The National Capital Region Medical Directorate (NCR MD) is committed to improving your healthcare experience. This Discussion Guide was developed as a direct result of patient interviews conducted across the NCR MD.