

Setting the P-A-C-E

Whether you are sick or well, it is important to get the best information from the time you spend with your doctor. Doctor's appointments tend to be very limited in time, so it is important for you to be prepared and organized. The information you provide will impact your diagnosis and treatment plan. To facilitate your appointment we recommend **PACE**:

Present detailed information

Ask Questions to get more information

Check your understanding

Express your concerns

NOTES

For additional information,
contact your provider:

(910) 907-6000

Womack Army
Medical Center

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The Dept of Medical
Management

Communicating With Your Doctor



Doctor's Appointment Checklist



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Before Your Appointment

- What are your symptoms, or what is your health concern?

- When did your symptoms begin?

- Have you had any recent lifestyle changes (medications, exercise, personal issues, stress)?

- List medications you are currently taking including all vitamins and supplements:

- List any allergies you may have:

- Have you experienced this health concern before? If so, how did you or your doctor treat it?

- The two questions I'd like answered today are:

Before You leave the Doctor's Office

- What is my diagnosis?

- What does this diagnosis mean?

- What are my treatment options?

- What are the benefits and risks of each treatment option?

- If a follow-up appointment is needed - when should I return?

- What signs or symptoms should I report back to you?

- Do I need a referral to another provider? Should I report back to you?

- Who do I need to contact about that?

Medications/Tests/Procedures

- If medication is prescribed, how will it help?

- What, if any, are the side effects? Will it interfere with any of my other medications?

- If tests are ordered – what will the tests reveal?

- Will I experience any discomfort? Do I need to make any special arrangements?

- When/how will I get the results?

- If a procedure is ordered – what are the risks?

- What does the procedure involve? When should it be done?

- Is this an outpatient procedure? When can I expect the results?

- Are there any limitations before or after the procedure?

