

Take PART

Use the strategy “take PART” to get the most from an appointment: Prepare, Ask, Repeat, Take action. Fill in the questions below to create a document you can take to appointments.

Prepare	
What are your diagnoses?	
How long have you had this pain?	
Where is the pain?	
How intense is your pain?	
How does the pain affect your life?	
What are the top 3 things you want to talk about at this appointment?	
Do you have a list of your current medications, supplements, and vitamins?	
Ask	
What questions do you have for your health care provider about diagnosis? Consider: What’s wrong? Is there a known cause? What is the future outlook? What can be done to prevent worsening/manage?	
What questions do you have for your health care provider about tests? Consider: How will the results affect my treatment? What will happen if I’m not tested? How should I prepare for this test? What will happen during this test? How and when will I get the results?	

<p>What questions do you have for your health care provider about treatment? Consider: Are there any choices in treatment? What are the advantages and disadvantages of each option? What will happen if I am not treated?</p>	
<p>What questions do you have for your health care provider about follow up? Consider: Should I call or return for a follow up? If so, when? What should I be looking for in terms of my symptoms? What should I do if my symptoms occur?</p>	
Repeat	
<p>Do I have pen and paper to take notes? Do I have someone with me who can take notes? Can the health care provider write a short summary of the visit for me?</p>	
Take action	
<p>What should I do next? How will I implement the recommendations?</p>	

If you are not planning to or can't follow the provider's recommendations, let them know – they might have other suggestions