Burnaby Division of Family Practice
An FPSC initiative

Empowering Patients

The Patient-Doctor Relationship:
Making the Most of Every Medical Visit

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THE FOUR FOUNDATIONS OF SELF-CARE

- What you eat (what you put into your body).
- What you do (physical activity and rest).
- How you feel (emotional wellbeing).
- How you connect (healthy relationships).

> **THE BEST PREDICTOR OF YOUR FUTURE HEALTH ARE THE HABITS YOU PRACTICE TODAY**

PREPARE FOR YOUR MEDICAL VISIT BY:

- Making a list of your concerns.
- Sharing it with the staff when you call for an appointment.
- Reviewing that list at the beginning of your visit with your doctor.
- Bringing a pen and paper to write down the things you wish to remember.

4 THINGS YOU SHOULD KNOW

About every medication, treatment, or investigation a doctor recommends:

1. Indication (what is it for)?
2. What are the common risks (or side effects)?
3. What are the major risks (or side effects)?
4. What are the alternatives?

KEY DETAILS YOU NEED FOR EVERY DRUG

- Indication (what is it for)?
- Potential interactions (with food or other drugs).
- Brand name and generic name.
- Dose (e.g. mg) and frequency (e.g. twice daily)

5 THINGS TO KNOW ABOUT YOUR MEDICAL HISTORY

1. Allergies
2. Family history
3. Hospitalizations, major illnesses, operations
4. Chronic medical conditions
5. Medications

LEARN MORE

About achieving your positive potential for health at davidicuswong.wordpress.com

THE KEYS TO ACHIEVING YOUR GOALS

- Choose wisely. A goal that matters to you.
- Visualize yourself having achieved your goal, reprogramming your subconscious mind and priming the pump for success.
- Break it down from supersized into manageable morsels. You'll gain confidence with early successes.
- Write down the details. Set SMARTEST goals.
  - **Specific:** What will you do? Where? With whom?
  - **Measurable:** How much? How long?
  - **Achievable:** Realistic and doable
  - **Relevant:** Important to you, your values, and health
  - **Time frame:** When will you start?
  - **Evaluate & Enjoyable:** How did you do? What did you learn? Make it fun!
  - **Stepping forward:** What will you do next? What will you do differently?
  - **Together:** Who will you work with? Who will you share with?
- Anticipate and prepare for roadblocks.
- Enlist support. Consult with your family doctor. Choose a coach or teammate: your partner, friend, or neighbour

IF YOU ARE WORRIED THE DOCTOR MAY HAVE MADE THE WRONG DIAGNOSIS

Consider asking these three awakening questions:

1. What else could it be?
2. What's the worst thing it could be?
3. What would you recommend for your mother or father?

LOOKING FOR A FAMILY DOCTOR?

Join BC's Health Connect Registry to be matched with a family doctor in your community: healthlinkbc.ca/find-care/health-connect-registry or call 8-1-1

WHILE YOU'RE WAITING FOR A FAMILY DOCTOR

- Keep up-to-date with screening tests recommended for your age and gender (a walk-in clinic doctor can often order these)
- See a doctor at a walk-in clinic or Urgent and Primary Care Centre for important symptoms
- Review screening tests and important symptoms on the Burnaby Division of Family Practice website.