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The France Foundation



Strategies to Improve the Care of MS in Women

Optimizing the Office Visit

OVERVIEW

Appointments with your healthcare provider can be short and you have a lot to accomplish. This tool can prepare you to make the most of your visit so you accomplish your goals with your health care provider.

- Fill out the below chart before your visit and bring it with you. Include your questions and concerns. Ask the most important questions first
- If you are seeing a new provider, bring your health history
- Ask questions at any point when you don't understand something. Bring a support person with you to help you ask questions
- Make sure you clearly understood what your provider said by summarizing the key points back to them. Ask them to confirm that you summarized it correctly.
- If medications are prescribed, ask:
 - Are there side effects?
 - What precautions should I take?
 - Is it going to work well with other medications I take and my lifestyle?
- Make sure you know when your follow-up visit will be scheduled

RELEVANCE FOR MS

Planning for an office visit is especially important with MS, where it is crucial to monitor multiple symptoms, treatments, and changes in your condition. Providing the best care will be easier if your provider has all the required information.

ABOUT YOU

| Issue | Your Information | What is your goal for the visit? |
|---|------------------|--|
| Date of MS diagnosis | | |
| Other major health conditions | | |
| What current medications do you take, and what dose? <i>Include vitamins, herbal supplements, and birth control</i> | | |
| What MS medications did you take in the past, but are no longer on? <i>List by name in order of when you tried them. What were the major side effects/your reasons for switching?</i> | | <i>Any medications needing a refill today?</i> |
| Allergies | | |



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ABOUT YOU

| Issue | Your Information | What is your goal for the visit? |
|--|------------------|----------------------------------|
| Date of last MRI <i>Please bring copy to your visit</i> | | |
| Date of last MS exacerbation | | |
| JC virus status (if known) | | |
| Are you excessively tired? <i>If so, how severe and how often?</i> | | |
| Pregnancy plans | | |
| Any issues with your bladder function? | | |
| Are you feeling depressed? <i>If so, how severe and how often?</i> | | |
| Medical insurance <i>Provider name and status</i> | | |
| Other health care providers <i>Names, phone numbers of primary care, neurology, OB/GYN, etc</i> | | |
| Pharmacies <i>Local and mail order</i> | | |
| Current exercise regimen <i>Length, frequency</i> | | |
| Other questions/concerns | | |
| Next visit date and time | | |

RESOURCES

WebMD: <http://www.webmd.com/men/features/tips-for-a-successful-doctor-visit>

US News and World Report:

<http://health.usnews.com/health-news/health-wellness/articles/2013/04/24/5-tips-for-a-smooth-doctors-visit>

Medscape: <http://www.medscape.com/viewarticle/743875?src=mp&spon=25>