



## Getting the Most from Your Appointment:

Before your appointment:

1. Create an issue list

Either a mental or physical list

That gives an overview of everything you'd like to work on together, ranked by what matters most to you.

2. Understand how the consultation flows:

Each appointment runs through three roughly equal phases:

Phase 1 — Your turn

You'll have uninterrupted time to:

- Give an overview of all the issues on your list
- Tell me which one you'd most like to focus on today
- Tell me the full story about that top issue in your own words

I'll then check my understanding to make sure we're on the same page.

Phase 2 — My turn

- I'll ask some specific follow-up questions to fill in the gaps
- I'll carry out any relevant physical examination or bedside tests
- I'll take a moment to review everything and put together a considered plan

Phase 3 — Together

- I'll walk you through my recommended plan
- You'll then have time to share your thoughts and concerns about this plan
- We'll adjust the plan together where needed
- I'll then action everything — records, referrals, prescriptions, and any next steps

Issue List (if you wish to write it down):

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