

# The Emotional Side of Healthcare: *Six Tips for Talking to Your Healthcare Team*

It is important to know what to do before, during and after a doctor appointment. Talking to clinicians can be stressful. There often isn't much time so you may feel rushed. You may be scared, confused, anxious, worried, tired and sick. How can you prepare yourself emotionally to talk to members of your healthcare team, whether the conversation takes place in an office, in the hospital, or over the telephone?

Here are six empowerment tips:

- ▶ When it comes to your body, you are the expert.
- ▶ Open up about what is bothering you.
- ▶ Make sure the healthcare team takes your concerns seriously.
- ▶ Trust your instincts, know your worth and speak up.
- ▶ Remind yourself what you need to know, and why.
- ▶ Don't be afraid to ask, "Is there anything else this could be?"

<sup>1</sup>Groopman J. *How Doctors Think*. Boston, Houghton Mifflin, 2007.

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