



My Goal: Clarity



Medical Communication



How to set achievable, medical communication goals:

For some people, a doctor visit can be intimidating, but it's important that you learn to communicate well with your healthcare providers. Good medical communication takes practice, and the good news is that improved communication often leads to better outcomes. Set a small goal to practice your skills each time you visit.

Before you go to an appointment, write down one question for which you'd like a clear answer. Take notes or take a supportive friend or family member with you. Keep a log of what you learn. For one week, write down any symptoms you notice.

Realistic Goal Checklist

Is your goal realistic? Run it through this checklist to find out.

- Is your goal easy?** (Example: I will invite one family member to attend an appointment with me.)
- Is your goal specific?** (Example: I will select a method for logging my questions.)
- Do you have a clear prompt to remind you?**
(Example: When I schedule my appointment, I will add a note on my calendar to list my questions.)

I'm in! My Goal

I will _____ when I _____ for _____
(Enter activity) (Enter Prompt) (Number) (Times, Days, Weeks, etc.)

(Example: I will write at least one question or comment for my healthcare provider when I schedule my appointment for the next three visits.)

TRACK YOUR PROGRESS

You're moving toward your goal. Keep up the good work!

