

Managing Medical Appointments

Making the Most of Medical Appointments

Doctors and allied health can help in four major ways:

- 1) Establishing a diagnosis
- 2) Treating your symptoms.
- 3) Treating your other conditions.
- 4) Providing usual primary care and preventative care

Your Healthcare Team

Your healthcare team may consist of:

- Your general practitioner
- Specialists (e.g. endocrinologist, cardiologist, rheumatologist, immunologist)
- Allied health (e.g. dietitian, physiotherapist, occupational therapist)
- Psychologists/counsellors
- Support workers
- Massage therapists or yoga/tai chi instructors
- Pain management clinic
- Exercise professionals (e.g. exercise physiologist, personal trainer)
- And many more

The make up of your healthcare team will be individual to you. Often, it can take a while to find the healthcare professionals who click with you and work for your situation.

Taking P.A.R.T.

To make the most out of your healthcare appointments (in-person or telehealth), you can remember the acronym “**taking P.A.R.T.**”:

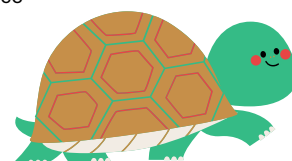
Prepare – both for the appointment content and also your pacing around the appointment.

Be **Active** – ask questions and come prepared.

Repeat – back to your health professional to make sure you’ve understood.

Take Action – know your action plan and commit to it.

Information in this factsheet is adapted from “Managing Chronic Fatigue Syndrome and Fibromyalgia” by Bruce Campbell. This factsheet is part of our Club Tortoise program for pacing with energy-limiting conditions.



For more information or help managing your condition:

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