

KEY TIPS FROM PHYSICIANS TO PATIENTS FOR MORE EFFECTIVE PRIMARY CARE VISITS

Below are five key tips from physicians to patients to ensure effective primary care visits. These tips can be included in your patient's pre-visit paperwork; sent through the patient portal; or printed, laminated, and posted in the examination room.

1. Before your visit, think about your concerns and questions for your family doctor. Write these down and bring the list to your visit.
2. Arrange your list by what is most important to you. At the beginning of your visit, tell your doctor about the issues that are most urgent or important for you.
3. Don't be shy. Your doctor has heard everything before and is here to help you. Even though it's hard, be sure to bring up things that are embarrassing or scary at the beginning of your visit so your doctor has enough time to address them.
4. Ask any questions that you have during your visit.
5. If you have any remaining concerns at the end of your visit, make a plan with your doctor for how to address them later.

Adapted with permission from Kowalski CP, McQuillan DB, Chawla N, et al. 'The hand on the doorknob': visit agenda setting by complex patients and their primary care physicians. *J Am Board Fam Med.* 2018;31(1):29-37.