

Patient- Physician



Partnership

Patient ID#: _____
 Coach ID#: _____

Date: _____
 Start Time: _____
 End Time: _____

Introduction: Hello my name is _____. I am your coach. I am here today to help you work on ways to make your doctor visit more helpful to you. Sometimes doctors have to see a lot of patients in a short time so we want to make sure you get the most out of your visit. The main thing is to help you talk more with your doctor. In order to be able to remember your concerns we will give you this patient diary. (Demonstrate patient diary).

Topics	CHW Questions	Communication with MD	Skill Building/Practice Communication (designed to get patient to say what he/she would ask MD)	Reinforcement/ Support to communicate with the doctor and have confidence in talking. (Use Patient Diary)
(Concerns about health and HBP What concerns do you have today?	Can you tell me about any concerns you may have about your health or your HBP?	Tell me how easy it is to discuss these concerns with your doctor.	What would be a good question to ask your doctor? (That's a great question)	That's good but it's hard to remember, let's write the question in your diary.

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<p>HBP Knowledge Beliefs</p> <p>What knowledge do you have about HBP?</p> <p>Do you have any beliefs about HBP?</p>	<p>What is it you know about HBP and how it affects you?</p>	<p>You seem to know a lot, that's great. Or Are there things you should ask your doctor that you may not be sure about?</p>	<p>What would you say to your doctor? What question would you ask?</p>	<p>That's good but it's hard to remember, let's write the question in your diary?</p>

<p>Treatment Medication</p> <p>Do you have any concerns about your HBP meds or their side effects?</p> <p>Do you find it difficult to follow the regimen?</p>	<p>People have concerns about HBP meds, when to take them, and side effects. What makes it difficult for you to follow the regimen?</p>	<p>Have you ever asked/talked with your doctor about _____. Your concerns regarding your treatment</p>	<p>What changes would you like the doctor to make? How would you ask the doctor?</p>	<p>That's good but it's hard to remember, let's write the question in your diary?</p>
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<p>What you eat</p> <p>Do you have any concerns about your daily diet?</p> <p>Do you find it hard to give up certain foods?</p>	<p>Are you concerned about what you are eating?</p>	<p>Do you have questions?</p> <p>Do you need more information?</p>	<p>Tell me what you would ask the doctor?</p>	<p>That's good but it's hard to remember, let's write the question in your diary?</p>
<p>Smoking</p> <p>Do you smoke?</p>	<p>Do you want to quit smoking?</p> <p>Have you tried to cut down on smoking?</p>	<p>Do you need more information? Have you talked with your doctor?</p>	<p>Tell me what you say to the doctor?</p>	<p>That's good but it's hard to remember, let's write the question in your diary?</p>

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<p>Physical Activity</p> <p>Do you exercise on a daily basis?</p> <p>Do you desire to have more physical activities in your daily routine?</p>	<p>Are you concerned about being more active?</p>	<p>Do you have questions you want to ask your doctor, do you need more information?</p>	<p>Tell me what you would ask the doctor?</p>	<p>That's good but it's hard to remember, let's write the question in your diary?</p>

<p>Alcohol</p> <p>Do you feel that you have a problem with alcohol?</p> <p>Do you feel that you need help cutting down or quitting?</p>	<p>Do you drink beer or other alcoholic beverages?</p>	<p>Do you need more information? Have you talked with your doctor?</p>	<p>Tell me what you would say to the doctor?</p>	<p>Talking to your doctor is most important but it's hard to remember, let's write the question in your diary.</p>
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<p>Stress</p> <p>Do you feel that you are stressed?</p>	<p>Are there things in your life that cause stress or problems for you?</p>	<p>Have you had a chance to talk with your doctor about these issues?</p>	<p>Tell me how you would talk to the doctor about this?</p>	<p>That's good but sometimes it's hard to remember, let's write the question in your diary?</p>
<p>Other problems or concerns</p> <p>Do you have any other issues or concerns that you would like to discuss with your doctor today?</p>	<p>Can you discuss with me about these other concerns/problems?</p>	<p>Tell me how easy it is to Discuss these concerns with your doctor.</p>	<p>What would be a good question to ask your doctor? (That's a great question)</p>	<p>That's good but it's hard to remember, let's write the question in your diary.</p>

Remember we are trying to help you get the most out of your visit. Talking with your doctor about all of your problems and concerns is very important.

Thank you and have a good visit. We will see you once you are finished.