

**Getting ready for an upcoming appointment? Take the following quiz to see if you're making the most of your doctor's appointment.**

<b>How confident are you in your ability to:</b>	1 = not at all confident 5= very confident
1. Get a doctor to pay attention to what you have to say?	(not) 1 2 3 4 5 (very) (circle one)
2. Know what questions to ask a doctor?	(not) 1 2 3 4 5 (very)
3. Get a doctor to answer all of your questions?	(not) 1 2 3 4 5 (very)
4. Ask a doctor questions about your chief health concern?	(not) 1 2 3 4 5 (very)
5. Make the most of your visit with the doctor?	(not) 1 2 3 4 5 (very)
6. Get a doctor to take your chief health concerns seriously?	(not) 1 2 3 4 5 (very)
7. Understand what a doctor tells you?	(not) 1 2 3 4 5 (very)
8. Get a doctor to do something about your chief health concern?	(not) 1 2 3 4 5 (very)
9. Explain your chief health concern to a doctor?	(not) 1 2 3 4 5 (very)
10. Ask a doctor for more information if you don't understand what he or she said?	(not) 1 2 3 4 5 (very)

Klooster, P., et al. Patient and Education and Counseling 2012, 87: 125-130

**Your Score:**

Add the total of your circled numbers

- 1) Over 30: your healthcare appointment is seemingly productive and you have the ability to get the answers to the majority of your concerns.
- 2) Less than 30: You may benefit from some additional preparation before your appointment in order to get the information you are seeking, consider some of the following suggestions:
  - Prepare questions in advance and indicate the answer needed before leaving the appointment
  - Summarize information at the end of the visit to assess understanding
  - Repeat the most important information
  - Be specific rather than general
  - Be early in presenting information during the visit