THE CARE PARTNER PROJECT

Preview Safe & Sound™ Checklists

Confirm Diagnoses and Surgery Decisions

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YOUR LOGO

Little known fact: *up to 40% of diagnoses are incorrect. That's why it's so important to ask a lot of questions and see at least two different doctors for information and treatment choices.*

Getting the right diagnosis *is often like solving a mystery, and it's really up to the patient and their Care Partner to dig for clues and answers. It can take lots of doctor visits and lots of research, but it's worth the time and effort.*

Patients often worry *that they will offend their main doctors if they get second or third opinions. This concern is common and understandable, but here's the truth: good doctors encourage their patients to collect as much information as they can —they know from experience that the more information, the better any health care decisions.*

Don't give up—remember, two heads are better than one!

(And if your doctor is not on board with your getting different opinions, maybe it's time to give up on that doctor!)

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HOW TO HELP

CONFIRM YOUR DIAGNOSIS & TREATMENT OPTIONS:

The following questions cover important topics. Add your own! Be sure to ask the same questions of every doctor to compare "apples to apples."

QUESTIONS TO ASK:

☐ **What does my diagnosis mean?**
(What is my problem? What do I have?)

- Ask for the "medical name," and then for a "regular way" to describe it.
- What else could it be?

☐ **How serious is this condition?**
On a 1-5 scale with "1" being "No worries, easy to treat/cure/live with" and a "5" meaning it's "life threatening and must be treated immediately."

- Why? What is your reasoning?

☐ **How would you treat me** for this condition?

☐ **What other ways** are used to treat this condition?

☐ **What are the benefits** of each way to treat this condition?

☐ **What are the risks** or complications for each way to treat my condition?

- How common are the risks and complications?
- What are the immediate, medium-term, and long-term side effects?

☐ **Are there other discomforts** associated with the treatments?

- Are these permanent or temporary?
- How can these discomforts be treated?

☐ **How long will treatment last?**

☐ **How long** before I can get back to my normal activities?

☐ **What is my short-item outlook post-treatment?**

☐ **Are there long-term concerns** or effects of this condition and treatment?

☐ **What are my costs?**

☐ **What are my options** if I can't afford treatment?

Nothing in life prepares your patients and their loved ones to manage a serious illness. Safe & Sound™ resources express your empathy and commitment to care that meets patients where they are.

Together, you are prepared to partner for patient-centered care.

Ready to partner for patients? Let's talk!

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