

# MEDICAL APPOINTMENT CHECKLIST



## first visit

### my diagnosis

<i>Shared decision making</i>	Have a family member or friend attend appointments with me to provide support, ask questions, and take notes.
<i>My diagnosis and recovery</i>	Get a full explanation of my diagnosis and chance of recovery, ie. What is my breast cancer's stage, size, grade, and subtype? Is it hormone sensitive?  Stage:  Size:  Grade:  Subtype:
<i>Share with my doctor what is most important to me, and inquire:</i>	<ul style="list-style-type: none"><li>• Whether I need any <b>more tests</b> to confirm my diagnosis</li><li>• If I am a candidate for <b>genetic testing</b></li><li>• If I am a candidate for a <b>clinical trial</b>, and the pros and cons of participation</li><li>• If I may wish to have children in the future, what are my <b>fertility options</b> before treatment</li></ul>

### my treatment and care plan

Ask for a **written care plan**, including: order and frequency of treatments and tests, side effects and how to manage them, and any disruptions you should expect to work, family, and other responsibilities

*Possible treatments:  
surgery, radiation,  
chemotherapy,  
medication*

# how to contact my cancer care team

<i>Health Professional:</i>	<i>Contact information:</i>	<i>Notes:</i>

## other important things to consider

<i>Before treatment</i>	<ul style="list-style-type: none"> <li>● Ask if I will need someone to drive me to the treatment(s), and ask for help if transportation is an issue</li> <li>● Discuss diet, exercise, or other health recommendations</li> <li>● Discuss any medications I am taking and how they may interact with my treatment</li> <li>● Discuss emotional or psychological concerns</li> <li>● Schedule your next appointment</li> </ul>
<i>Emotional/Mental Health</i>	<ul style="list-style-type: none"> <li>● Discuss my emotional or psychological concerns (including anxiety, depression or other worries)</li> <li>● Ask for support or counselling for emotional, sexual, or relationship issues</li> <li>● Identify support groups or other resources to obtain support</li> </ul>
<i>Financial health</i>	<ul style="list-style-type: none"> <li>● Any costs associated with treatment of care (ie. wigs, scalp cooling etc.)</li> <li>● Discuss financial concerns with my team, particularly if financial concerns make it hard to follow my treatment plan</li> <li>● Ask for resources for financial support, if needed</li> <li>● Discuss concerns regarding getting or keeping insurance</li> <li>● Talk to my employer or school if I need to take time off</li> <li>● Request information regarding my rights within the province and country for work leave/temporary disability. This also applies to my caregiver</li> <li>● Discuss whether I am facing any problems at work or school that may get in the way of my treatment</li> <li>● Discuss whether I am dealing with any discrimination</li> </ul>
<i>Caregiver(s)</i>	<ul style="list-style-type: none"> <li>● Ask if there are any support groups or other resources for caregivers</li> <li>● Ask how a caregiver can get help or training if needed to care for me at home</li> </ul>