Preferreeing For Your Appointment

Going Beyond Symptoms To Address Your

**Goals**

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Research Your Doctor

• The Patient-Physician Relationship is like dating: Find your Match
  • Expertise
  • Approach
  • Availability
  • Personality (reviews, bios, social media)
• Years of Experience does not necessarily = “Best Doctor” for you
• Build a mutually trusting relationship

Past Experiences

• We are all influenced by past experiences: Good AND Bad
• DO acknowledge the bad experiences and discuss how to avoid replicating
• DON’T rehash the experience and “talk bad” about other doctors
• DO talk about how prior experiences that impact your decisions today
Aligning Goals

• Cure
• Improve symptoms
• Improve quality of life
  • If only I could eat with family
  • I’m scared to go out if I don’t know where the bathrooms are
• Understand cause of symptoms
  • What’s my diagnosis?
  • Why did this happen to me?
• What does the future hold
  • Does symptoms = damage?

Prioritize Goals

• If a cure is not possible, what are your goals?
• Multiple goals can be achieved, but not all at once
• Prioritize based on urgency & importance
  • Medically urgent issues may be not important to you but MUST be prioritized for SAFETY

Be Active. Be Heard. Make a Difference.
Negotiate

- Negotiation ≠ Sacrificing your needs
- Try to mutually understand the “Why”
  - Why does your clinician want to order a test?
  - Why is a treatment necessary?
  - Why do you not want to do a test or start a therapy?
  - Why are you requesting the test?
- Discuss “deal breakers”
- *Negotiate with trust that your clinician has good intentions*

Accepting Ambiguity

- Medicine = Science & Art
- Modern medicine does not have all the answers
- Accepting DOES NOT mean giving up
- Accepting means TAKING CHARGE
- Goal for chronic illness should be LIVING
  - Obtain tools to control the illness and live your life so that is does not control you

- What’s Your Definition of LIVING?
- What tools do you need?