

Basic Communication			
Name		Date	
<p>Sometimes it's not easy to communicate feelings in just a few minutes spent during a doctors visit. Here is a list of basic information I expect to share at every appointment. As much as I expect to share this information, I also hope to have any concerns about how I am feeling put to rest, whether it is a short discussion on things I could do in my life to make my quality of life better, or whether a change in medication would be appropriate.</p>			
Current Medications			
Periodically, medications, doses and times may change. Here is a list of medications I am currently taking.			
Medication	Dosage	Times Daily	
Medication	Dosage	Times Daily	
Medication	Dosage	Times Daily	
Medication	Dosage	Times Daily	
Medication	Dosage	Times Daily	
Medication	Dosage	Times Daily	
Medication	Dosage	Times Daily	
Medication	Dosage	Times Daily	
<i>Questions regarding my medications:</i>			
<i>Question 1</i>			
<i>Question 2</i>			
<i>Question 3</i>			
Current Symptoms			
Symptom 1			
Symptom 2			
Symptom 3			
Symptom 4			
Symptom 5			
Symptom 6			
<i>Questions regarding my symptoms:</i>			
<i>Question 1</i>			
<i>Question 2</i>			
<i>Question 3</i>			
Discomfort or Pain			
I've been hurting, here's the location(s):			
Discomfort and/or Pain			
Discomfort and/or Pain			
Discomfort and/or Pain			

Basic Communication	
Discomfort and/or Pain	
<i>Questions regarding discomfort and/or pain:</i>	
<i>Question 1</i>	
<i>Question 2</i>	
<i>Question 3</i>	
Mental Health	
Overall Happy	
Ok Some Days, Others Not so Great	
Feeling Really Down	
Dealing with Depression	
Other:	
<i>Questions regarding my mental health:</i>	
<i>Question 1</i>	
<i>Question 2</i>	
<i>Question 3</i>	
<i>This may not be a complete list of medications, symptoms or feelings, but it's a good start on our communications. I appreciate you taking the time to talk things through with me to help me understand my condition(s).</i>	