

DISCUSSION GUIDE

Help bridge the gap between you and your doctor by having open and honest conversations.

Knowing what to say and which questions to ask in a doctor's office can, at times, feel intimidating. Many people living with plaque psoriasis (PsO) or psoriatic arthritis (PsA) find their patient journey to be frustrating because they feel misunderstood.

This discussion guide was designed to help you have more open and supportive conversations and to help you make the most of the time you have with your doctor so that you can gain the maximum benefit from your consultation.

Use the below to track how you're doing, ask specific questions, and to make sure you and your physician are on the same page.

BEFORE YOUR VISIT

Being prepared is a great way to set yourself up for a successful visit. Before your appointment make a plan using the suggestions below, so you know what you want to say and have all the resources you need.

Use a symptom tracker

A symptom tracker is a handy tool you can use to assess your experience. Download one from [UpliftedConnections.com](https://www.UpliftedConnections.com) to fill out and bring to your next appointment.

List out your goals

Write down a few things you want to accomplish in your appointment:

- Do you want your doctor to give you an assessment of your progress?
- Do you want to ask your doctor for a new management plan?
- Do you want your doctor to better understand what you're going through?

Put pen to paper and make a plan.

Fill out this discussion guide

This downloadable guide can come with you to the doctor's office.

DURING YOUR VISIT

Advocate for yourself

You are your own best advocate. Only you know your body and what you're experiencing.

Share your discussion guide notes

During your visit is a good time to share what you've recorded in this form.

Ask questions

Don't be afraid to ask questions about medical terms, their meanings, and your prognosis (basically, how your doctor thinks your disease will evolve). Having a better understanding of what the doctor is communicating can help you feel more in control of managing your condition.

EXPLORING YOUR SYMPTOMS

Data shows there can be a disconnect between doctors and patients when it comes to how they define disease severity and treatment goals. Sometimes patients and physicians have different interpretations of the consultation.

To help your doctor better understand what you're experiencing, answer the below questions.

- How does your PsO/PsA impact you?
- Where on your body are you experiencing symptoms?
- What symptoms affect your daily routine the most?
- What symptoms bother you the most?
- What kind of options could help you in your experience with psoriasis?
- Are your symptoms being sufficiently addressed?

DISCUSSION CLARITY

The final thing to consider in your appointment with your doctor is how you feel about the conversation you've had. Does everything make sense? Do you understand the terms your doctor is using? If not, ask them to clarify and explain in a way that is easy to understand.

Here's a few more questions you can ask yourself before leaving the office:

- Have you asked everything you wanted to ask?
- Do you understand your doctor's advice?
- Do you need more information of any kind?
- When is your next follow up?



For more information, visit
UpliftedConnections.com