

Things to talk about with your doctor or nurse

Did you know that everything that you tell your doctor and nurse is kept private and safe (sometimes called confidential)?

The only times that they would tell somebody else is if that would improve your care or to keep you safe.

Date:

/ /

Would you like to have some time on your own with the doctor/nurse?

- Yes please
- Not this time thanks

It can be helpful to make a list of what you want to talk about with your doctor or nurse. Here are some things that young people sometimes want to talk about. Tick any that you would like to talk about today.

Growing up Sleep Feeling sad

Understanding more about your condition and treatment

Eating healthily and being active Friendships and relationships

Transferring to adult services School, college or work

Anything else?

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Your own topics:

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Write down some more things that you want to talk about.

CONTINUE ONTO THE NEXT PAGE

Main points to take away

Point 1

Point 2

Point 3

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Blood Pressure

BMI

Height

Weight

Medication changes

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Anything else (e.g. meaning of medical words, things to remember)

