

Worksheet Towards Your Diagnosis : complete before you go to the doctor

Your story

How and when did your symptoms start?

What do your symptoms feel like? Have they occurred before?

What were you doing at the time and how did you notice the symptoms?

How have your symptoms changed, and over what time period?

How have your symptoms affected your life?

What is prompting you to seek medical care now?

What has helped/worsened your symptoms?

Are there other symptoms that are new?

Your differential diagnosis

What are you most concerned about?

What else do you think this could be?

Medical history

Have there been recent changes in your medical history history?

Any new diagnoses?

Any recent changes to your medications? Have you been taking your medications?

Other aspects

Any changes to smoking, alcohol, or drug use?

What is your living situation? Any changes?

Have there been other life stressors?

General tips

Use your own words, as if you are speaking to a family member

Being your own advocate will save your life. Speak up!

Interrupt if you do not feel like you are not being heard.

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8 Pillars to Better Diagnosis

#1. Tell your whole story

#2. Assert yourself in the doctor's thought process

#3. Participate in your physical exam

#4. Make the differential diagnosis together

#5. Partner for the decision-making process

#6. Apply tests rationally

#7. Use common sense to confirm the working diagnosis

#8. Integrate diagnosis into the healing process