

Making the Most of Your Child's Medical Appointment

Medical appointments can be stressful and confusing for families. Use of active strategies and knowledge about the roles of each care team member can improve both families' abilities to participate in their child's care and their overall coping.

- **Take PART:**
 - **Prepare:** Write down any questions and concerns prior to your child's appointment. Bring this with you to the appointment along with a pen to take notes.
 - **Ask:** Ask your most important questions at the beginning of the appointment. Be sure to describe any symptoms in detail.
 - **Repeat:** Record the doctor's answers/information for each question. Repeat back your understanding of what they have said and ask for clarification where needed.
 - **Take Action:** Follow-up on the recommendations provided during the appointment. Report whether these were helpful at the next visit.
- **Care Team Member Areas of Expertise:**
 - **Doctors/Nurses:** Information about diagnosis, treatment, and treatment-related side effects or concerns
 - **Social Worker/Psychologist:** Concerns around adjustment to diagnosis/treatment for patient, parent(s) and siblings, support around mood/behavioral challenges, and school consultation
 - **Psychiatrist:** Medication consultation and management for anxiety, depression, sleep disturbance, or behavioral concerns
 - **Resource specialist:** Financial concerns, transportation assistance, short-term housing needs
 - **Palliative Care Team:** Complex symptom or pain management and care coordination
 - **Nutritionist:** Feeding or dietary concerns
 - **Spiritual Care Chaplain:** Religious or spiritual support
 - **School Liaison Program:** School consultation/advocacy for off-treatment patients who received treatment to the Central Nervous System (CNS)
 - **YAP – Young Adult Program:** Supports for patients age 18-40