

Thanks to our speaker!



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How to Communicate with Your Doctor

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September 25, 2018



"The doctor will see you now —
I can't promise that he'll talk
to you, but he'll see you."



Overview

- 1. Tips for talking with your doctor
- 2. Questions you should ask at every visit
- 3. Communication with your doctor about your medications
- 4. Communication with your doctor when in the hospital
- Communication with your doctor before surgery or a procedure



Tips for conversations

Setting up an agenda

Bring someone with you

Prepare questions to ask



Top questions

- How will I know that my treatment is working?
- How will the medication or treatment you are prescribing treat my condition?
- Is there more than one condition that could be causing my problem?
- What exactly is my condition that could be causing my problem?
- What exactly is my condition, and what caused it?
- What symptoms should I look for that means I should contact you or seek immediate help?



Additional questions

 Are there treatment choices that don't involve medications?

- How long will it take for me to feel better?
- If my symptoms get worse, what can I do on my own before I see you?
- Is my medical condition temporary or permanent?



Medications

- Can I take a generic medicine or is this available over the counter?
- Can you review my instructions with me?
 - At what time should I take this medication?
 - Should I take it with or without food?
 - Can I take it with other medications?
- What are the possible risks and side effects of this medication?
- What is the reason for taking this medication, and how does it work?
- Will this medication interact with any other medication I am taking?



Medications

- Can my medication be stopped suddenly or does it need to be stopped slowly?
- Do I need to follow any restrictions (alcohol, driving, and work)?
- Do you think a pill box will help me?
- How long will I need to take my medicine?
- If I do not tolerate this medication then what are my alternatives?
- What should I do if I miss a dose?
- Where do I store this medication at home?



When you are hospitalized

- Are you in touch with my primary care doctor?
- Do you know what medicines I take at home?
- Have any of my home medications been stopped, and why?
- How long will I need to stay in the hospital?
- Who should I follow up with after my hospitalization?



When you are hospitalized

- What time of the day will you see me, and how do I reach you in-between?
- How do my family members reach you?
- Which tests are being ordered and why?
- When will I get the results of these tests?



Surgery or procedure

- How long will I be in the hospital after this procedure/surgery?
- Is this an urgent procedure/surgery, or can it be done later (elective)?
- What are the possible risks of this procedure/surgery?
- What is the exact reason for this procedure/surgery?
- What things can I expect during recovery?



Surgery or procedure

- How long will this procedure/surgery last?
- What do I need to do to prepare for this procedure/surgery?
- What type of anesthesia will I receive?
- What other treatments will be necessary after the procedure/surgery?
- Who will be doing this procedure/surgery, and how many of these procedures has the doctor done?
- Will I be awake during this procedure/surgery?



Hypertension

- Do I need to have any special tests to find the cause of my high blood pressure?
- Do you recommend lifestyle changes (diet modification, exercise, weight loss) alone to reduce my blood pressure or should I also start a medication at the same time?
- How often should I check my blood pressure?
- What are my blood pressure numbers today (systolic and diastolic)?
- What is my target numbers for blood pressure (the numbers you should be at or below every time it is checked)?



Diabetes mellitus

- Can my diabetes be better controlled and will I have fewer problems if I start insulin early?
- Do I have Type I diabetes or Type II diabetes?
 - What does this mean to me and my family?
- Should I see a specialist (endocrinologist)?
- What do I do if my blood sugar is too high or too low?
- What is my hemoglobin A1C level (this test shows the average of all blood sugar levels over a 3 month period of time)?



Chronic kidney disease

Top 5 questions –

- How often should I have my urine and blood checked?
- What dietary changes should I make?
- What is my risk of needing dialysis now or in the near future?
- What is my target number for my blood pressure?
- What medications should I avoid since I have kidney disease?

Additional questions you may consider asking -

- Are there any other organs affected by my kidney disease?
- Should I have other family members tested for kidney disease?
- Why do I need to limit protein in my diet?



Kidney stones

Top 5 questions –

- How much water should I drink per day to prevent kidney stones?
- Should I be straining my urine to capture the stone?
- What are the risk and/or benefits of having a lithotripsy (ultrasound guided destruction of a kidney stone) verses surgical removal?
- What is the best way to prevent forming a stone again?
- What is the likelihood that I can pass this stone on my own?

Additional questions you may consider asking -

- Are there any changes to my diet I should make to prevent another stone?
- If I get a stone again, should I contact you or can I manage it at home?
- Should I see a specialist (urologist)?



Urine infection

- Do I need any special tests to see if the infection is in my kidneys?
- How can I prevent getting another UTI?
- What, in your opinion, caused my UTI?
- What are the most common reasons for getting a UTI?
- What is the result of my urine culture and urinalysis (urine test)? What bacteria were found?



Dialysis

- Prescription
 - Duration
 - Flow rates
 - Composition of dialysate
- Access
 - Fistula
 - Graft
 - Catheter
 - Peritoneal catheter
- Dry weight
- Transplant



Questions?

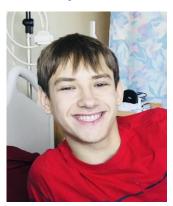


Join us for our next webinar!

"Why I dialyze at home" – Stories from a kidney patient and caregiver

Tuesday, October 16th, 2018 12:00 - 1:00 p.m. EST





Nadia Mokrushin, Nazar Mokrushin

Join this webinar to hear more about the journeys of:

- Nazar, a young dialysis patient, who has found that home hemodialysis gives him more freedom and control in his life.
- Nadia, his caregiver, who has worked with her son to find a dialysis treatment option that fits best for them.

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