

Thanks to our speaker!



- Sagar Nigwekar, MD
 - Assistant Professor of Medicine at the Harvard Medical School
 - Assistant Physician at the Massachusetts General Hospital
 - Co-author of the book “Top 5 Questions to Ask Your Doctor” and has special interest in improving communication between patients and their healthcare providers.

How to Communicate with Your Doctor

Sagar Nigwekar, MD, MMSc

Harvard Medical School

Massachusetts General Hospital

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**“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
5. 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

Patient advocate



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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