

## Tips to Have a Productive, Comfortable Doctor Visit

- Ask for extra time when you schedule your appointment.
- To help remember, try to make all medical appointments on the same day of the week and time.
- Write your appointment time and doctor's phone number in your planner.
- **Fill out the MEDICAL VISIT FORM**
- Take your Individualized Medical Assistance Portfolio (IMAP) with you to the appointment.
- Take a friend with you to the appointment.
- Consider tape recording your appointment. (Ask your doctor if this is acceptable.)
- Be patient and courteous.
- Present this tip card to your health provider.
- Discuss the MEDICAL VISIT FORM with your health professional.
- Write down recommendations (use IMAP)

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*Health Care Professional side*

**Your patient has a brain injury.** Ask him or her about difficulties he/she has as a result of the brain injury such as memory, speaking, reading, balance, vision, processing information, initiation, and listening.

**You can help your patient provide good information by doing the following:**

- Listen without interrupting.
- Provide extra time for the patient to process the information.
- Look at the MEDICAL VISIT FORM.
- Write instructions and changes to care on the MEDICAL VISIT FORM.
- Understand that your patient's behavior does not always match their intentions.
- Check for understanding—ask your patient to repeat what you have told them.
- Work with your patient on understanding what you have said.

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**Brain Injury Association of New Mexico**

121 Cardenas NE  
Albuquerque NM 87108  
1-888-292-7415  
[www.braininjurynm.org](http://www.braininjurynm.org)  
[braininjurynm@msn.com](mailto:braininjurynm@msn.com)

