

How do you prepare for a visit to your child's doctor (Pediatrician)?

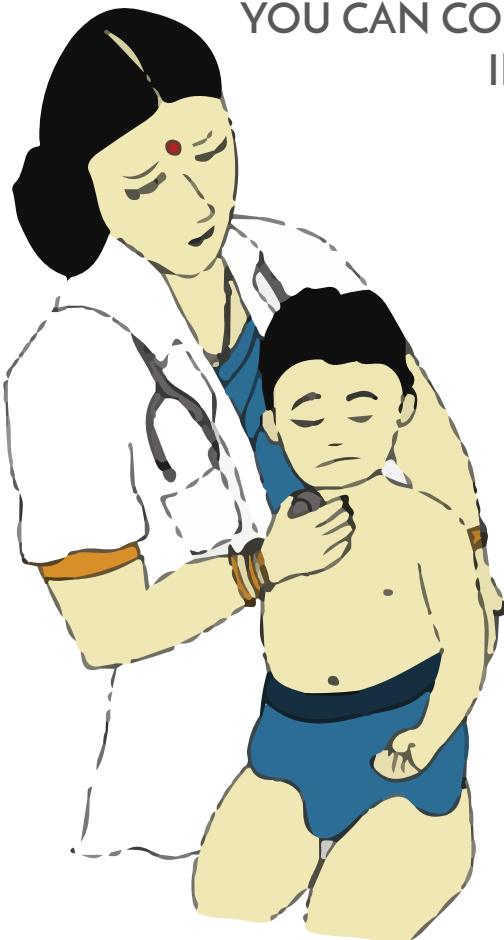
One might ask - **WHY SHOULD YOU PREPARE FOR SEEING YOUR DOCTOR?**

Well, there are good reasons -

Doctors need information to make the right diagnosis and give the right advice and treatment. They get this information :-

- by **ASKING** you about your child's medical history
- by **EXAMINING** your child
- by **INVESTIGATING** through medical tests

**YOU CAN CONTRIBUTE GREATLY BY PROVIDING ACCURATE INFORMATION ABOUT YOUR CHILD'S HEALTH.**



**YOU CAN GREATLY HELP BY PARTICIPATING IN PROMPT DIAGNOSIS & FASTER INTERVENTION.**

Here are **five** types of information you can prepare before you see a doctor –

## 1. Make a list of **WHAT IS WORRYING YOU** about your child :

- think of your main worry
- other worries such as about your child's
  - general health
  - development, such as progress in
    - + walking
    - + talking
    - + learning
    - + hearing
    - + vision



2. What is your first worry and **WHEN DID YOU FIRST NOTICE IT?**

3. How have those worries **CHANGED OVER TIME?**

4. How have those concerns **AFFECTED YOUR CHILD'S** eating, sleeping and toileting **ROUTINES?**

5. What **TESTS OR TREATMENTS** have been done previously and **THEIR EFFECT** on your child's health?

## What to ask from your doctor?

- REMEMBER, YOU ARE THE PARENT
- It is your right, duty and responsibility to FULLY PARTICIPATE in the process of helping your child.
- ASKING ABOUT YOUR CHILD'S HEALTH DOES NOT MEAN YOU ARE BEING IMPOLITE.

## Here are five things you should ask your doctor during each appointment-

- *In the doctor's opinion what is or likely to be the matter with your child?*

Ask to explain in simple language if you don't understand what your doctor is saying?

**DO NOT HESITATE TO ASK MORE TO HELP YOU UNDERSTAND ABOUT YOUR CHILD'S HEALTH.**

- *What further tests are essential that must be done?*

No harm stating that you don't want to put your child through unnecessary tests, particularly tests that would expose your child to radiation, such as CT scan or X-rays or huge inconveniences such as MRI.

**IT IS IMPORTANT TO UNDERSTAND WHETHER A TEST MUST BE DONE, AND/OR IF THE SAME ASSESSMENT MAYBE ACHIEVED BY OTHER MEANS.**

- *If medicines are prescribed ask about the **ROLE, NEED** and **DURATION** of each medical treatment.*

**KNOW YOUR MEDICINES! FIND OUT WHY A MEDICINE IS BEING PRESCRIBED. DO NOT HESITATE TO ENQUIRE ABOUT POTENTIAL SIDE EFFECTS OF MEDICINES PRESCRIBED.**

- *Ask for further information, or a source of information, about the diagnosis, particularly if a developmental problem is identified.*

**KNOWLEDGE IS YOUR MOST POWERFUL TOOL TO HELP YOUR CHILD.**

- *Seek information about specialists & therapists, local parent-support networks, parent-information resource centers relevant to your child's health condition. Your doctor is likely to have information about this.*

**YOUR TEAM OF THERAPISTS WILL BE MOST EFFICIENT IF THEY COMMUNICATE WITH ONE ANOTHER. INSIST ON IT!**

