

Make the Most of Your Medical Appointment: Introduction to the Toolkit

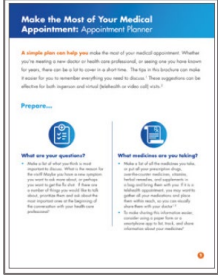



Patient-centered care has received increased attention in recent years and is now considered an essential part of high-quality health care. Patient-centered care supports a strong partnership between patient and clinician by honoring a patients' preferences, needs, and values. This approach creates a fabric of trust, ensures shared decision-making, supports self-management, and accommodates patient, clinician, and family needs. Part of this process includes helping patients be prepared for their medical appointments and ensuring that medical encounters focus on the patient's most important problems.¹ This involves helping them to effectively communicate their medical history and the medicines they are taking.²

By becoming common practice, patient-centered care has reshaped the way health care systems are designed and managed. The following attributes are integral components of patient-centered care that have progressively refined the way care is delivered to the patient³:



Make the Most of Your Medical Appointment Toolkit Components

The components in this toolkit support patient-centered care. It contains resources for both individuals and members of the care team, such as handouts on preventive services and recommendations for a collaborative and effective medical encounter.

Resource	Description
 <p>Appointment Planner</p>	<ul style="list-style-type: none"> Helpful tips on how to prepare for and participate in a medical appointment
 <p>Preventive Services Recommendations</p>	<ul style="list-style-type: none"> Handouts that list recommended screenings and other preventive services for <ul style="list-style-type: none"> Children from birth through age 18 Adults aged 19 and older Maternal Health
 <p>My Medicines Form</p>	<ul style="list-style-type: none"> A form that individuals can use to maintain an up-to-date list of their medicines
 <p>Appointment Follow-through Guide</p>	<ul style="list-style-type: none"> Helpful tips on essential follow-through actions to take after a medical appointment

References

1. Greene SM, Tuzzio L, Cherkin D. A framework for making patient-centered care front and center. *Perm J.* 2012;16(3):49-53.
2. Robert Wood Johnson Foundation. Engaging patients improves health and health care. *Quality Field Notes.* March 2014;(3):1-4.
3. What is patient-centered care? *NEJM Catal.* January 1, 2017. Accessed July 24, 2024. <https://catalyst.nejm.org/doi/full/10.1056/CAT.17.0559>