

DOCTOR APPOINTMENT CONVERSATION STARTERS

MAXIMISE YOUR TIME

Maximise the time during a doctor appointment by being prepared. The more that is shared relative to concerns or questions the more meaningful the appointment will be.

Below is a list of questions to consider asking to gain a deeper understanding of the condition and treatment plan.

CONVERSATION STARTERS

Select the questions you, the parent or patient, would like to ask the doctor?

- What is the diagnosis?
- What are the current treatment options?
- Will insurance cover the recommended treatment?
- Are there any alternative treatment options available?
- Will medications be needed?
- Will other specialists be needed?
- What, if any, lifestyle changes will need to be made?

QUESTIONS SPECIFIC TO A SCOLIOSIS TREATMENT PLAN OF OBSERVATION

- How long will the observation period last?
- Will any daily activities be limited or restricted?
- How many doctor appointments will be needed during the observation period?
- When is the "observation period" over? And, what are the next steps?

QUESTIONS SPECIFIC TO A SCOLIOSIS TREATMENT PLAN OF BRACING

- What is the goal of wearing the brace?
- How long will the brace be needed?
- How often will the brace be worn? And, will the wearing of the brace be monitored?
- Will any activities be limited or restricted?
- What is the frequency of doctor appointments during the bracing period?
- How will the success of wearing a brace be measured or monitored?

QUESTIONS SPECIFIC TO A SCOLIOSIS TREATMENT PLAN OF SURGICAL CORRECTION. QUESTIONS FOR THE SURGEON.

What type of surgery will be performed?

Will surgical correction involve any implants (i.e. rods, screws, hooks, etc.)?

Will surgical correction affect range of motion in the spine?

How long have you been performing this type of surgery?

Can you share the surgical outcomes of other patients who've had this type of surgery?

Do you have any patients I/we could speak with about their experience?

How long will the surgery take?

Will there be a scar?

Where will the scar be located?

Will any sort of rehabilitation be needed after surgery?

How long is the typical recovery period?

After surgery will the spine be straight?

After surgery will the shoulders be level?

Will surgery correct the rib hump?

During the treatment plan and/or surgery will exposure to x-rays/radiation occur?

If so, how will this affect reproductive organs?

How will the entire treatment plan affect child bearing?

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