

10 WORD RECIPES TO PERFECT THE ART OF THE *Patient Doctor Tango*

Choosing the Right Doctor

- ◆ Be sure your doctor is willing to work with you.
- ◆ No two performances are the same. Treat each person individually.

Getting a Diagnosis

- ◆ Be wary...Dr. Google is the Wild Wild West—Validate!
- ◆ Listen to the patient story—often the best diagnostic tool.

Selecting a Treatment

- ◆ Weigh risks and benefits. Ask questions. Talk to other patients
- ◆ Include the patient as partner and co-design the path forward.



Success is Based on Partnership

Daily Life Expertise of Patient + Medical Expertise of Clinician
Learn from one another. Practices makes perfect.
Perfection takes time.

During the Clinical Visit

- ◆ Be prepared. Prioritize issues. Track your health and share it!
- ◆ Minimize distractions, including technology, and interruptions and make eye contact.

Informing the Patient

- ◆ Show me the data but explain it to me, too.
- ◆ Arm the patient with a Prescription to Learn and education.

Between Visits

- ◆ Work out a way to openly communicate with your doctor.
- ◆ Ask your patients what and where they are learning online.