Preparing for a meeting with the medical team

Take this with you. Ask the questions, write down the answers, and check you have understood.
You can print it, or type into the boxes on a phone or computer.

PATIENT'S NAME

HOSPITAL AND WARD

DATE AND TIME OF MEETING

MAIN CONTACT ON THE WARD

WHO FROM THE FAMILY IS COMING

WHO FROM THE TEAM IS THERE (NAMES AND ROLES)

Tip: Ask for any medical word to be explained. It is fine to ask the team to slow down or repeat things.

1 What has happened so far?

? Can you summarise what has happened since admission?
? What is the main problem, and what is causing it?

2 Tests and results

? What tests have been done, and what did they show?
? What are the latest blood results, and what do they mean?
? Are any results still awaited?

3 Medical words to clarify

Write down any word you are not sure about, and what it means in plain English.

WORD I HEARD	WHAT IT MEANS

4 The plan

? What is the plan now, and what is it aiming to achieve?
? What are the benefits, risks and burdens of this plan?
? What other options are there, including not having this treatment?

5 What is uncertain?

? What are you unsure about at the moment?
? What would make you more, or less, hopeful?

6 If things get worse

? What would you do if things get worse, and what would you not do?
? Is there a ceiling of treatment? Would intensive care be offered?
? Has a DNACPR or ReSPECT decision been made? If so, why?

7 What matters to our relative

? What would they want, or not want? What matters most to them now?
? Do they have a Lasting Power of Attorney or an Advance Decision? (Bring a copy.)

8 Next steps

? Who is our main contact, and how do we reach them?
? When will we next be updated?
? What needs to happen before they can leave hospital?

9 In my own words

? Before you finish, sum up what you heard and ask: “Have I got that right?”

Want help preparing for your meeting?
Book a free 15-minute call at patientclarityclinic.org or call 07445 318090.