

# What to bring to your first palliative care appointment



The following information will help you prepare for your first palliative care appointment.

## What to bring

- A list of questions from the patient and/or their caregivers. We've provided a list for you to consider.  
\_\_\_\_\_
- Any concerns about symptoms or pain.  
\_\_\_\_\_  
\_\_\_\_\_
- A list of the patient's current medications: including prescription medications, over-the-counter medications and vitamins/supplements currently taking.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Any advance care documents already completed by the patient, such as: the patient's advance care plan (advance directive), patient's medical power of attorney, durable do not resuscitate form, physician's order for scope of treatment form. (Don't worry if these documents have not been completed. Your palliative care team can help you work on them if you'd like.)

**SentaraMyChart** patients can access this information through their electronic medical chart and share it with their care team.



## Questions to consider

The palliative care team will spend time with you and your caregiver(s) discussing your illness, symptoms and long-term health goals. The following questions may help ensure you get the information you need at this time. Please bring your own questions and concerns as well.

- What are your recommendations for my care?  
\_\_\_\_\_  
\_\_\_\_\_
- Will you communicate openly and candidly with me and my family about my illness?  
\_\_\_\_\_  
\_\_\_\_\_
- How will you communicate with my other doctors?  
\_\_\_\_\_  
\_\_\_\_\_
- Who should I contact first if I experience severe pain or other symptoms?  
\_\_\_\_\_
- What support will you provide to my family and/or caregivers?  
\_\_\_\_\_  
\_\_\_\_\_
- How often should I meet with you?  
\_\_\_\_\_



For further information scan the code or visit [NavigatePalliativeCare.com](https://www.navigatepalliativecare.com)