

SELF ADVOCACY M.A.P.

MEDICAL APPOINTMENT PLANNER

___/___/___

Doctor's Name:
Specialty:

My most debilitating symptoms as of late are:

1.

2.

3.

fatigue

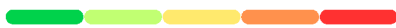
Average:



Worst:



Lowest:

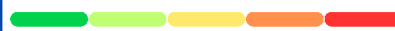


pain

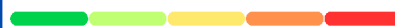
Average:



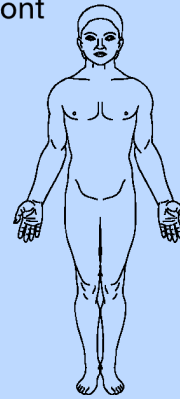
Worst:



Lowest:



front



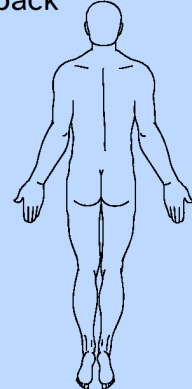
right



left



back



What sort of diagnostics could help gather more information about what is happening? If they refuse to run any diagnostics, ask them to document that in your chart.

What changes can I make to my care plan to improve my quality of life?

The doctor should either be recommending changes, or waiting for test results to make recommendations. Their job is to come up with a care plan and help you adjust it until it works.

When should I follow up?

If you aren't scheduling a follow up, what are the things the doctor would like you to do before scheduling your follow-up? Do you need any referrals?
