

When You Feel Something Is Being Missed, Dismissed, or Misdiagnosed

You do not need to be a medical professional to ask how a diagnosis was reached. If you are concerned about a condition, or if you are being told that you have a condition you don't understand, you can ask your healthcare provider to explain the diagnostic criteria, evidence, testing, and reasoning behind the assessment and diagnosis.

You can ask:

- *"What are the diagnostic criteria for this condition?"*
- *"What is your differential diagnosis?" / "Are there other conditions that could explain my symptoms?"*
- *"What tests could be run to determine what the cause of my symptoms is?"*

Then ask:

- *"Which of those criteria do I meet?" / "Which criteria do I not meet?"*
- *"What findings led you to this diagnosis and are those the standard criteria for diagnosis?"*
- *"What other conditions could cause these symptoms?"*
- *"What tests would help confirm or rule out this condition?"*
- *"Have those tests been done?" / "If so, what did the results show?"*
- *"Are there additional tests that are use? What is the most in-depth? Why arn't w doing that?"*
- *"Could you explain my results to me in plain language?"*
- *"What would you expect to see if this were the condition we're concerned about?"*
- *"If the test is negative, does that completely rule it out?"*
- *"Could this condition develop or change after this test?"*
- *"What should I watch for at home?" / "When should I come back or call again?"*

Instead of telling your provider: *"I know I have preeclampsia."*

You could say, "I'm concerned about preeclampsia. What are the diagnostic criteria, and do any of my symptoms or test results meet those criteria?"

When You Feel Dismissed

If you've explained your concern, and still don't feel heard, you don't have to settle.

"I hear what you're saying. I'm still concerned because this is different from my normal. Can you explain what you're doing to make sure something serious isn't being missed?"

If appropriate:

- *"I'd like another clinician to evaluate me."*
- *"I'd like a second opinion."*

Asking, "What would have to happen for you to become concerned?" helps you understand the provider's clinical reasoning and gives you some information about what they are thinking about. It also helps you monitor for those symptoms.

♥ ***Sis, you're not refusing treatment because you want to understand the diagnosis and the evidence supporting it before you make decisions about your care."***



Understanding the Plan

You can ask for more information to better understanding the plan

- Can you help me understand why this is the recommended plan?
- Would any tests help clarify what's going on?
- Can you explain why additional testing isn't recommended at this time?
- Is there anything I should do or avoid doing until I'm feeling better?



Caring for Yourself at Home

When you are discharged, be sure you review and understand the instructions they give you.

- What should I monitor once I get home?
- Should I check my blood pressure, temperature, bleeding, swelling, baby's movements, or anything else? If so, how often?
- What warning signs should make me call you or return immediately?
- If my symptoms get worse tonight or over the weekend, who should I contact?
- Where should I go if I need care after your office is closed?
- When should I expect to start feeling better?
- When should I schedule my next follow-up appointment?
- Can you review my discharge instructions with me one more time?



When you go home, continue to pay attention to your symptoms. Sometimes test results are reassuring, but your symptoms continue or change. If that happens, don't ignore what you're experiencing.

Write your Symptoms, Changes and Questions Here...
