



Boro Medical & Lifestyle Clinics
268 Veterans Parkway Suite F
Murfreesboro, TN 37128

615.785.8288 Office
615.468.8849 Fax

CHRONIC ILLNESS MEDICAL COMMUNICATION GUIDE

You may take this completed to your provider.

1. Make 3 appointments within a short amount of time. This will prevent long waits in between appointments. You'll likely need multiple appointments to get a diagnosis.
2. Say "I understand you are very busy and I've brought a lot of information. Please take the time we have together today to read over the information and get your charting done. I have an appt on x date/I will make another appointment to discuss a differential and plan."
3. Fill out this format:

The "Pause Method" introduction statement.

I've had (list top 2-3 worst symptoms):

For this long:

I'm concerned for:

4. Here is a list of my symptoms:

Review of Systems:

Eyes:

Ears Nose Throat:

Neck/Back:

Cardiovascular:

Respiratory:

Gastrointestinal:

Musculoskeletal:

Skin

Neurological:

Other symptoms:

5. List major imaging/labs completed.



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6. Documentation for provider:

Top 2-3 symptoms only

"The Alphabet Method"

Symptom:

Onset

Provocation or palliation What makes it better:

What makes it worse:

Have tried:

Quality (What it feels like)

Radiation (If none put NA)

Severity (Scale of 1-10)

Timing Gotten better worse or the same over time?

Ever had this issue in the past?

Other information:

"The Alphabet Method"

Symptom:

Onset

Provocation or palliation What makes it better:

What makes it worse:

Have tried:

Quality (What it feels like)



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Radiation (If none put
NA)

Severity (Scale of 1-10)

Timing Gotten better worse or the same over time?
 Ever had this issue in the past?

Other information:

"The Alphabet Method"

Symptom:

Onset

Provocation or palliation What makes it better:

What makes it worse:

Have tried:

Quality (What it feels
like)

Radiation (If none put
NA)

Severity (Scale of 1-10)

Timing Gotten better worse or the same over time?
 Ever had this issue in the past?

Other information:

7. Bring in medications listed with dosing, strength, and how many times a day you take it.



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Helpful Tips:

1. Take only pertinent medical records. If the provider wants your full record they will request them from the institution directly.
2. Have labs, imaging, and procedures in a separate pile. Tab these out with sticky notes and label/detail what it is.
3. Normal labs and imaging do not mean there isn't something going on. If the provider wants to talk to you about depression, anxiety, etc. or otherwise medically gaslights you, say "thank you for your time" or ask for a psychiatrist referral. There are, of course, instances where all symptoms are caused by these mental health issues and a good psychiatrist will confirm this to be true or untrue.