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LIVING WITH ATRIAL FIBRILLATION



IT'S FINE TO ASK QUESTIONS!

4 reasons to feel great about asking questions at your medical appointment



1 BETTER OUTCOMES

Boost your odds for a healthier life.

- You have the right to understand your treatment.
- By understanding your treatment, you're more likely to follow recommendations carefully.
- With a clear plan, you'll be more likely to reach your treatment goals.
- Well-informed patients who share in decision-making have better outcomes and often an improved quality of life.



self check

- ▶ Do you know your treatment goals?
- ▶ If you are taking medications, can you explain why you're taking each one?
- ▶ Do you know which situations would warrant a call to your provider's office?



2 BETTER COLLABORATION

Work together to achieve your best quality of life.

- Your healthcare provider wants you to have the best possible outcome and avoid any mistakes in your care.
- Most providers know that patients who understand their condition and treatment are the patients who are most likely to reach treatment goals.
- That's why it is in your best interest, and your provider's best interest, for you to ask questions.



self check

- ▶ Do you feel confident when asking questions of your provider?
- ▶ Do you have a system for collecting your questions and concerns?



3 IMPROVED CONFIDENCE

Participate fully and be proactive about your concerns.

- When you are a part of your healthcare decisions, you are more likely to feel good about doing whatever you need to stay healthy.
- When your questions are answered, you are less likely to second-guess your treatment.
- Asking your questions can help you build trust with your healthcare provider. You have the opportunity to see how he or she treats your concerns and questions.



self check

- ▶ Do you understand why you're following a particular treatment plan?
- ▶ Do you feel confident that you know how to manage your condition? If not, how can you feel more confident?



4 BETTER USE OF TIME

Plan ahead and take charge of your part.

- Healthcare providers are expected to treat as many patients as possible.
- When you plan ahead, you can decide which questions are most important to you and focus on those.
- When you get answers for your most important questions, you feel a sense of progress.



self check

- ▶ Do you generally feel prepared for your visits?
- ▶ Do you usually prepare ahead of time?

TOPICS TO DISCUSS

WITH YOUR HEALTHCARE PROVIDER

Understanding these topics will help you reach your goals.

KNOW YOUR RISK FACTORS

- How does my atrial fibrillation increase my health risks?
- How do my other health factors change my AF-related risks?
- What is my risk for a stroke and do we need to do something to lower my risk?

UNDERSTAND YOUR MEDICATIONS

- What are my best medication choices?
- Should any of my medications reduce my symptoms?
- Are any of my medications intended to lower my risk of stroke?
- Will my medications affect my other health risks?
- What could happen if I don't take them?

OUTLINE YOUR TREATMENT PLAN

- What are our overall treatment goals and how does this current treatment decision fit in?
- How will we know if we are reaching our goals?
- If this plan doesn't work, what is our alternate plan?
- How likely is it that we will need to try something else?
- Are there other treatment options that might work for me?
- Can I change my lifestyle to improve my AF?



CLARIFY YOUR RELATIONSHIP



- Under what circumstances would you want me to call your office and when should I go to the emergency department?
- How often do I need to come back for visits?
- If I want to read more about my treatment decisions, do you recommend any particular websites or reading materials that might be helpful?
- How can I be most helpful as a member of my own treatment team?

UNDERSTAND RECOMMENDED PROCEDURES



- Is there an obvious, best option or do we have choices?
- What is the primary reason for choosing this procedure?
- Can you tell me about your history with this procedure?
- Should I expect this procedure to stop my atrial fibrillation and eliminate my symptoms?
- How long can I expect the results to last?
- Are there any key trade-offs that I should know about with this procedure?
- Where do you recommend I go to read more about this procedure?

Learn more at:

signagainststroke.com

Sign Against
Stroke
in Atrial Fibrillation



See also:

About
AF



Lower
Stroke Risk



Getting the Best
AF Care



Help from Family
& Friends



StopAfib.org

Arrhythmia Alliance
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