



APPOINTMENT WORKSHEET

Today is: _____

My child's diagnosis is: _____

Today I parked at: _____

Today's day nurse is: _____

Tonight's evening nurse is: _____

My child's room/ phone # is: _____

Other Contacts: _____

REMEMBER:

- ✓ As a parent you know your child best.
- ✓ Ask questions and have explanations repeated until you understand.
- ✓ Take time to consider if you prefer to receive information in small increments or all at once. How much detail would you like the health care team to go into?
- ✓ Information can be overwhelming. Take notes and/or have family member/ friend with you.
- ✓ It can take time to process information. Write down any questions that you think of prior to meeting with the health care provider.

NOTES:

Today I met with: _____

Information provided on my child's progress is: _____

The goal for today is: _____

Next Steps: _____

What can we expect?

(Examples: Will there be medication side effects? What are the potential complications? How alert will my child be? What timeframe can we expect for _____? Can we stay with our child during _____? When will we be updated next on _____?)

Questions for the healthcare team? _____

PERSONAL NOTES:

What went well today? _____

What could have been better? _____

How am I coping today? _____

Information is adopted from Children's Hospital of Philadelphia "Talking with your Child's Healthcare Team" and Johns Hopkins Children's Center "Your Voice Matters"

