

Preparing for my specialist appointment



This guide will help you get the most out of your appointment with a medical specialist. It includes questions you may wish to ask your specialist during your initial appointment and/or any follow up appointments.

By asking questions, you are helping the specialist understand your concerns and the information they need to provide you. As time is often limited during appointments, it is best if you prepare your questions beforehand.

This information is a guide only. You can ask your specialist anything about your condition, treatment or recovery.

If you don't understand something, let your specialist know so they can explain it to you.

Your GP can help you to understand your treatment options and/or refer you for a second opinion.

Your case manager will help support you during your treatment, recovery and return to work.



Tick the questions you'd like to ask your specialist.



Use the space at the back of this pamphlet to list any additional questions you may have.



Things to take to your appointment:

- any scans and reports for this injury
- a list of medications you are taking
- medical history
- details of your other treatment providers
- job description/potential suitable work duties.

About my condition

What is my condition?

How long is it likely to last?

What can I do to help my recovery/treatment for my condition?

About treatment

What treatment do you recommend and why is it the best option?

Are there other ways to treat my condition?
What is involved with each treatment option?
Are there any side-effects?
What effect will the recommended treatment have on:
the pain I feel?
my condition?
my ability to recover at/return to work
Will there be medication, equipment and/or other treatment needed?
If so, for how long?
What will treatment cost?

If surgery is proposed

What is involved in the surgery?
What are the benefits of surgery compared to other treatment, including no treatment?
What are the risks of this surgery?
What experience have you had with this surgery?
How confident are you this surgery will improve my condition?
What can I do in preparation for the surgery to improve the likelihood of success?

What happens next

What will I have to do after I have the recommended treatment? For example, take medication, exercise, physiotherapy etc.

When will this start?

For how long?

How soon can I get back to:
work?

suitable work?

full duties?

driving?

household tasks?

exercise?

Other _____ ?

You may have additional questions you want to ask your specialist. List them here:

My appointment details

Date: _____ Time: _____

Specialist name:

Location:

Disclaimer

This publication may contain information that relates to the regulation of workers compensation insurance, motor accident third party (CTP) insurance and home building compensation in NSW. It may include details of some of your obligations under the various schemes that the State Insurance Regulatory Authority (SIRA) administers. However to ensure you comply with your legal obligations you must refer to the appropriate legislation as currently in force. Up to date legislation can be found at the NSW Legislation website **www.legislation.nsw.gov.au**.

This publication does not represent a comprehensive statement of the law as it applies to particular problems or to individuals, or as a substitute for legal advice. You should seek independent legal advice if you need assistance on the application of the law to your situation.

This material may be displayed, printed and reproduced without amendment for personal, in-house or non-commercial use.

Catalogue No. SIRA3338022

State Insurance Regulatory Authority

92-100 Donnison Street, Gosford, NSW 2250

Locked Bag 2906, Lisarow, NSW 2252

Customer Service Centre 13 10 50

Website **www.sira.nsw.gov.au**

© Copyright State Insurance Regulatory Authority 1021