

THE WELLBRIDGE PRACTICE

ONE APPOINTMENT, ONE PROBLEM



HOW TO MAKE THE MOST OF YOUR APPOINTMENT

The majority of GP and nurse appointments are ten minute duration. We ask that you try to observe the “ **One appointment, one problem**” ethos. We strive to deal with each medical problem to the highest standard and this proves to be impossible if we are asked to deal with a number of problems in one appointment slot.

Please also note that your appointment is for you only. Please do not ask the doctor to deal with the problems of a child or other relative in the same appointment slot. Please make a separate appointment for your child/relative if they need to be seen as well.

| <u>PATIENT APPOINTMENT CHECKLIST</u> | |
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| √ | Ask yourself – how urgent is my problem? Do I need to be seen urgently today? Could I seek advice from an alternative source? Would it be better for me to wait and see a doctor who knows my condition? |
| √ | If a doctor runs late – is it because they are spending necessary time with a patient? One day you may appreciate them running late to help you. |
| √ | Before you come for your appointment – work out what’s really wrong with you. Make short notes that describe your symptoms. |
| √ | During your appointment – get to the point! Don’t save important issues until the end. |
| √ | Do wear accessible clothing – in case you need to undress for an examination. |
| √ | At the end of your consultation – make sure you understand what has been agreed and what is happening next. |

HELP US TO HELP YOU.