

Questions to ask at your first healthcare appointment



Arthritis NZ
Mateponapona
Aotearoa

A patient's perspective

Pick the questions that feel most important to you and use the spaces below to add your own.



One thing I really want my healthcare professional to understand:

This might be a symptom that's worrying you, something that's changed, or something your symptoms are stopping you from doing.



Understanding what might be happening

- ☐ What do you think might be causing my symptoms?
- ☐ Is there anything you've found today that helps explain what I've been experiencing?
- ☐ Do I need any more tests, blood tests or scans?
- ☐ If you're not sure yet what's causing my symptoms, what happens next?



What can I do?

- ☐ Is there anything I can do now to help manage my symptoms?
- ☐ Is it okay for me to keep exercising and being active?
- ☐ Is there anything I should avoid?
- ☐ Is there anyone else who could help me, such as a physiotherapist or occupational therapist?



What happens after today?

- ☐ How and when will I hear about my results?
- ☐ Will I need another appointment?
- ☐ Is there anything you'd like me to keep track of between appointments?
- ☐ Who should I contact if I have questions or something changes?



Something I'd really like to get back to doing



My questions

The question that's most important to me today:

Another question I'd like to ask:

Anything else I don't want to forget:



Before I leave...

Have I understood:

- ☐ What happens next?
- ☐ Whether I need any further tests
- ☐ How I'll receive my results?
- ☐ Whether I need another appointment
- ☐ Who I can contact if I have questions



Notes from my appointment

