



## SELF MANAGEMENT

### Working with your health care team in PARTnership

Your health care team is your partner in living a healthy life. Your relationships with your rehab team, family doctor, community health team, urologist, and other health care professionals can support you with the advice and information you need.

To get the most out of your appointments with various team members, both as an inpatient and especially after discharge from rehab, here is an approach to use:

#### PART stands for prepare, ask, repeat and take action:

**Prepare:** first, prepare for appointments by keeping track of problems and issues you want to discuss. You may want to make a list and give the list to the health care provider at the beginning of the appointment.

- Keep a record of what is happening: when, for how long, and what makes it better or worse. There are various apps that can assist with tracking symptoms. Especially after discharge from rehab you should know what medications you are on and why, and make sure your health-care provider has an up-to-date list of your medications

**Ask:** during your appointment make sure you ask any questions you have about what your health care provider is telling you. If what they say is not clear, let them know.

**Repeat:** you will also find it helpful to repeat back the information you receive to make sure there are no misunderstandings. This is especially important with information that you need to act on.

**Take Action:** follow any guidance or suggestions you receive, and take note of any problems so you can tell your health care provider about them at the next appointment.

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