

One page for the doctor

EXAMPLE · FICTIONAL

● Juno

Consultations are short and memory is unreliable on a bad day. This sheet carries more than twenty minutes of talking, in the order that matters to you.

HOW TO USE IT

- 1** Fill it in over the week before, a few lines at a time.
- 2** Put the thing you most need help with first. If time runs out, that one still gets covered.
- 3** Hand a copy over at the start, or read from it. Write the plan down before you leave.

APPOINTMENT DATE 12 March

WITH Dr Patel, rheumatology

FOR Joint pain review

LAST SEEN November

MY THREE PRIORITIES TODAY

In order. Say what it stops you doing; that is what changes the plan.

#	WHAT I WANT HELP WITH	WHAT IT STOPS ME DOING
1	Morning stiffness is lasting 2–3 hours	I cannot start work before 11
2	Fatigue since the dose change	Cancelled two of four weekly plans
3	Is the naproxen still right for me?	Stomach pain most afternoons

SINCE WE LAST MET

New, worse, better, gone. Dates where you can.

Stiffness worse since January. Fatigue heavier since dose went up on 3 Feb.

Hands better in the evenings. No fevers. Weight steady.

SYMPTOMS RIGHT NOW

Worst it gets / a typical day: 0 none · 1 noticeable · 2 limits activities · 3 stops them. A number is only useful with the “when”.

SYMPTOM	HOW OFTEN daily, weekly, most days	WORST / TYPICAL 0–3	SINCE	WORSE OR BETTER WHEN
Morning stiffness	Every day	3 / 2	January	Worse cold mornings, better after a warm shower
Fatigue	Most days	2 / 2	3 Feb	Worse after any outing; two-day lag
Stomach pain	4–5 days a week	2 / 1	Mid Feb	After naproxen on an empty stomach

Treatments, questions and the plan

EXAMPLE · FICTIONAL

● Juno

HELPS?	0 No change Cannot tell it is doing anything	1 A little Some benefit	2 Clearly Noticeable benefit	3 A lot Big difference
--------	---	----------------------------	---------------------------------	---------------------------

WHAT I TAKE NOW

Medicines, supplements, therapies. Include the ones you stopped taking and why.

MEDICATION OR TREATMENT	DOSE AND WHEN	HELPS 0-3	SIDE EFFECTS
Methotrexate	15 mg, Saturday	2	Tired the day after
Folic acid	5 mg, Sunday		
Naproxen	500 mg, twice a day	2	Stomach pain
Vitamin D	1000 IU, daily		

QUESTIONS I NEED ANSWERED

Three is plenty. Write the answers next to them.

Is the stiffness telling us the dose is not enough yet?

Can I take something to protect my stomach, or switch?

What should I do on a day I cannot get out of bed?

WHAT I WOULD LIKE FROM TODAY

Tick any. It is fine to ask.

- ☐ A referral ☐ A test or scan
☒ A medication review ☐ A letter for work or school
☒ A plan for flares ☐ A second opinion
☐ Reassurance ☐ Time to think before deciding

AGREED TODAY · NEXT STEPS

Tests, referrals, changes, when to come back, and who to call if it gets worse. Fill in during or straight after.

Bloods today, repeat in 6 weeks. Omeprazole added.

Fatigue reviewed at next visit; keep the pacing sheet going.

Call if stomach pain continues past two weeks.

AFTER THE APPOINTMENT

- ☒ Book the follow-up ☒ Collect the prescription ☐ Note what changed ☐ Tell the people who help me
☐ Start the next sheet