

# Questions to Ask the Doctor

Assuring that doctors provide quality treatment for your care receiver is a team effort and you play an important role. Here's a list of questions to help you start important conversations with medical professionals that can improve quality of care.

## Questions for a General Doctor's Appointment

- Q:** What is her current nutritional status?
- Q:** What nutritional red flags should I watch out for? (ie, weight loss, appetite loss)
- Q:** What can I do to help make sure she is getting the nutrition she needs?
- Q:** How can her medications affect the nutrients she needs?
- Q:** Are there foods to avoid because she is taking a certain medication?
- Q:** Should she be taking a multivitamin?
- Q:** What is considered significant weight loss? When should I be concerned?
- Q:** What kind of exercise programs would you recommend for her?

## Preparing for Hospital Discharge

- Q:** How can I make sure he eats well when we get home?
- Q:** What can I do to help make sure he is getting the nutrition he needs?
- Q:** What should he eat and what should he avoid as he recovers?
- Q:** How can I get help with paying for meals?
- Q:** Should he avoid physical activity, and if so, for how long?

## Other Questions Based on Signs

- Q:** He has experienced a decreased appetite. What should I do?
- Q:** I've noticed he is getting weaker. What would you recommend?
- Q:** He has difficulty preparing and cooking his meals. What assistance is available to help?