

THE EMPOWERED PATIENT

Making the Most of Your Doctor's Appointment Before, During and After

Presented on March 24, 2023
by Carrie Baquie
Wellbeing Empowerment Coach



Welcome



AGENDA

- You, Your Doctor's Appointment & Why They Feel So Hard
- Me & Why I Get
- A Better Way to Approach Our Doctor's Appointments
- Q & A



What's Your Doctor Visit Style?



- 1 Oh yeah! I've got this!
- 2 Hmmm...I've got a few questions
- 3 This is hard! I wish I knew how to get answers!
- 4 I'd rather stay in bed!



No Matter Your Doctor Visit Style, You Are in the Right Place



Why Doctor's Appointments Are So Important

We are likely seeing a doctor because

- We are sick & tired of being sick & tired
- We have done everything we know to get better on our own
- Our illness is so severe we know we need professional help
- We have been taught that our medical practitioners are the one's with all the answers
- We believe we need our doctor's for pain relief and other prescriptions



Why Doctor's Appointments Can Feel So Hard

- The long wait
- The limited amount of time
- Feels like our big chance
- So much pressure to "get it right"
- Conflicted by wanting and fearing answers
- The paperwork and portals
- Technical jargon
- The long list of actions



Before An Appointment You can feel



Eager
Excited
Hopeful



Anxious
Fearful
Overwhelmed



After An Appointment You can feel



Grateful
Hopeful
Relieved



Disappointed
Frustrated
Overwhelmed





Hey there! I'm Carrie Baquié *and I Get It!*

- Mom of 3 awesome teens
- 30 years navigating long term health challenges
- 4 years severe medical crisis
- Now THRIVING with 8+ Chronic Illnesses
- 20 years helping others bridge the gap
- Wellbeing Empowerment Coach



As a Wellbeing Empowerment Coach

I specialize in...

- Helping women who are sick & tired of being sick & tired
- Shift from illness to wellness
- Using a holistic approach to break through emotional, mental and spiritual barriers
- So that they can make space for physical transformation



There's Another Way...

It's possible to feel calm and confident before, during and after your appointment



It's Time To Become An Empowered Patient

Being an Empowered Patient goes beyond the doctor's office

→ How you show up for yourself

- ★ Taking back your power
- ★ Owning your voice
- ★ Reclaiming Control






As an Empowered Patient, You Can Make the Most of Your Appointments

By

1. **Preparing** beforehand
2. **Showing up** during
3. **Following through** afterwards




Preparing



3 Timeframes

- 1 Week Before
- 1 Day Before
- 15 Minutes Before



Preparing: 1 Week Before

- Identify your Patient Partner
- Get clear on your goals
- Craft Your Succinct Story
- Prepare & prioritize questions
- Gather Records - Medical Binder
- Fill out any forms
- Practice



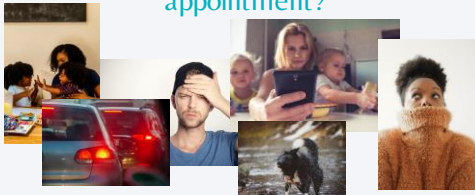
Preparing: 1 Day Before



- **Confirm Details**
 - Location
 - Time
 - All documents received
 - Patient Partner
- **Prepare Bag**
 - Notebook & Pen
 - Summary Statement
 - Questions
 - Relevant Medical Records
 - Token Reminder of Who & What you Are


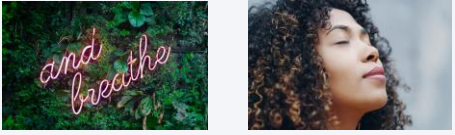


What happens right before your appointment?




Preparing: 15 Minutes Before


Breathe & GetGrounded



It's Time!





You're Ready!



During: Show Up for Your Doctor

- Be Early
- Approach doctor intentionally with
 - Curiosity
 - Confidence
 - Collaboration



During: Show Up for Yourself



- **Remember Your Power**
 - You are Hiring
 - They are in service to you
 - You know your body
- **Own Your Voice**
 - Your Voice Matters - speak up
 - You are worthy of being heard and seen
- **Take Notes**
 - You or your patient partner
 - Clarify what is unclear



After the Appointment: Follow Through

3 Timeframes

- Within 15 Minutes
- Within 24 Hours
- Within 7 Days





After: Following Through Within 15 Minutes

What do you think the 1st thing you need to do after your appointment?



**After: Following Through
Within 24 Hours**

- Review your appointment notes
- Capture additional thoughts
- Review Dr. notes in Health Portal
- Identify, prioritize & delegate actions

**After: Following Through
Within 1 Week**

- Take Action
 - Scheduling
 - Pre-Approvals
 - Prescriptions
- Update Medical Binders
- Update Loved Ones




Bringing It All Together

An Empowered Patient
makes the most of their medical appointments
by preparing, showing up and following through.


The key to success is an attitude of
curiosity, confidence, and collaboration.




An Empowered Patient

Curiosity
Confidence
Collaboration

Follow Through
Prepare
Show Up



What Clients Say

I had several breakthroughs that helped me tap into my creativity and curiosity much more, which in turn helped me become a better self advocate. I felt much more empowered by the end of our sessions.
-Gigi T.



Questions?





Let's Connect

We're ready to answer your questions.

Email
Carrie@CarrieBaquie.com

Instagram
@CarrieBaquie

Website
www.CarrieBaquie.com

Facebook
@Carrie.MBaquie

Phone number
(443) 261-4821

LinkedIn
@Carrie-Baquie

Private Facebook Group
Women Transforming Chronic Illness

