

# Checklist for Patients

- I fully communicate with my healthcare team:
  - How I really feel
  - If the treatment is having side effects
  - Honest reports of medication/treatment compliance
  - Problems that will affect my health (depression, substance abuse, stress)
  
- I listen to and honor my part of the healthcare bargain:
  - Appointment time
  - Required forms
  - Testing required
  - Follow-up protocol(s)
  - Expectations for compliance
  
- I listen actively to my doctor and his/her team when we talk on the phone
  
- I ask for help and guidance when I need them
  
- I participate fully in my healthcare
  
- I share all pertinent information with my support team (family, care-givers)



# Checklist for Clinicians

- I fully communicate with my patient:
  - Appointment time
  - Required forms
  - Testing required
  - Follow-up protocol(s)
  - Expectations for compliance
  
- I look my patient in the eye when we are in the same room
  
- I listen actively to my patient when we speak on the phone
  
- I am a firm yet compassionate member of my patient's healthcare team
  
- I encourage my patient to take charge and responsibility of his/her health
  
- I make an effort to suggest treatment options when there are choices to be made
  
- I celebrate positive effort and achievement
  
- I look for opportunities to create a community of care
  
- I never stop learning, or caring

