

# Preparing for your Virtual Consultation

To help you get the most from your video/telephone consultation you might find it helpful to consider the following details ahead of your appointment.



Have a pen handy, to take notes.



Check your internet/Wi-Fi connection/charge.

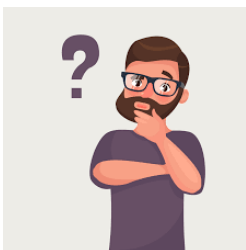


Find somewhere quiet/private.

## YOUR PERSONAL DETAILS

We will ask you if any of the following have changed since your last appointment.

- Your address
- Your telephone numbers
- Your email
- Your work
- The name and address of your GP
- The name and address of your dentist



- Have you had any bleeds?
- Have these been spontaneous or related to trauma?
- How did you treat these bleeds?
- Is your Haemtrack up to date?
- Did you have any issues treating your bleeding?
- Did these 'bleeds' cause you to be off school/work.
- Have you changed your activity levels? Any lifestyle changes such as travel, new job, sport/activity, changes to family life or employment?
- Do you need further information on a specific topic related to your Bleeding Disorder

## ADDITIONAL INFORMATION

Think about the following:



- What are your main concerns?
- Are there any issues you wish to discuss?
- Have you any other medical problems at present?
- Have you commenced any new medication/herbal remedies/supplements since last review?
- Have you any surgery planned in the near future? Do you have a date yet?
- Have you any dental appointments or procedures scheduled in the near future?
- Can you check if you need a new Bleeding Alert Card.

Novo Nordisk sponsored this checklist, produced by members of the Belfast Haemophilia Service and The Haemophilia Society.



**YOU CAN USE THIS SPACE TO RECORD ANY INFORMATION YOU NEED TO REMEMBER and TO LIST ANY QUESTIONS YOU NEED TO ASK US**

Don't forget to make sure you have the contact details for your Haemophilia Centre

Monday to Friday 9am to 5pm

Tel:

Out of Hours Service

Tel:



**If needed, a follow up consultation with an individual member of the Multidisciplinary Team, can be arranged.**

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