

Going to the Doctor and/or Dentist

Let's get started...

Talk about a time when you went to see a doctor or dentist. What questions did you ask the doctor or dentist? What was difficult/easy about going to see the doctor or dentist?

Background:

Here are some things that you should do before you go to a doctor or a dentist:

- 1) Find out about the doctor or dentist.
- 2) Make notes about your symptoms, medical problems, medical history and any medications you take.
- 3) If you have medical insurance, be prepared to provide that information at your appointment.
- 4) You should ask your friends to recommend a good doctor or dentist.
- 5) Read about your symptoms on the Internet.
- 6) Call to make an appointment. The receptionist will give you an appointment time.

For your appointment:

- Arrive at the doctor's office early.
- Check in with the receptionist.
- Fill out a medical history form and insurance information.
- Wait until the nurse calls your name.
- Tell the nurse and/or doctor about your symptoms.
- If it is possible, bring a friend or family member to interpret for you – or ask the doctor for an interpreter.
- Ask questions!!!



In pairs for 5 minutes, ask and answer these questions:

Do you have a good doctor or dentist? If so, what is his/her name and where is his/her office?

At your last appointment, was it difficult to understand the doctor? Did you take an interpreter with you? Were you satisfied with your appointment? Tell why or why not.

What will you do differently next time? Anything?

Share your partner's answers with the group.

Discussion Questions

Have you ever asked for a recommendation? From who? Name some of the people who might be able to help you.

Have you done some research about symptoms before? Where did you find the most useful information? How did this information help you?

What questions does a doctor usually ask? Have you ever found it difficult to answer questions about exactly when a symptom began or how long it has continued? How did you feel? Were you frustrated?

What kind of details should you include in your list of symptoms?

Have you ever been late to a doctor's appointment? What happened? What happens in your country if you are late?

Have you ever received a diagnosis that was wrong? What did you do when you realized it?

Do you think the medical profession is intimidating? Tell why or why not.

What advice would you give to someone from your country when going to the doctor or dentist?

Why do you think the medical history form is so important? What information does a doctor need before he/she can prescribe medication?

Have you ever had "side effects" from a prescription?

The prescription label below has a lot of information on it. Talk about each part of the label.

BIG Sky Pharmacy 6225 Pine Lake Road, Renton, WA	Phone: 425-555-1912 Date: 02-02-06
Name: Peter L. Green <i>Dr. Smith</i>	RX # 10015288
Take 1 tablet twice a day.	30 penicillin tabs
TAKE WITH FOOD	Expires: 12-31-06 No refill
Caution: Do not take with alcohol or other prescription drugs without consulting a physician.	

New words and Idioms:

Medical profession, research, recommend, recommendation, symptoms, translate, detailed list, interpreter, receptionist, insurance, medical history form, appointment, scheduled appointment time, diagnosis, accurate diagnosis, prescription label, side effects, intimidated, patient, "sicker than a dog", to "take it easy".