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?