

Preparing for your Virtual Appointment



By Jayne Partridge,
Cardiomyopathy
UK Support Nurse

The pandemic has changed how appointments are run with many taking place online. Nurse Jayne shares how to help you prepare for and get the most out of your appointment.

Golden 3 tips:

- 1 Have a notepad to take notes.
- 2 Write down any questions or concerns you may have about you and your needs.
- 3 Don't forget to say how you are feeling emotionally as well as physically



Top 10 tips:

1. If you are attending a virtual appointment, make sure you have access to video and are in a quiet space without interruptions.
2. Write down relevant phone numbers in case you lose connection.
3. If you can, allow time before your appointment to get organised. Have a copy of your last clinical letter and a list of your current medications; including the name, dose and how often you take them.
4. Make a note of new symptoms or change in existing symptoms, since your last appointment.
5. If you are advised to start new medication or alter the dose, find out how this will be communicated to you - for example, via a letter.
6. Write down any further tests or appointments you may need.
7. Ask your clinician to explain anything you don't understand.
8. Take your time, there's no need to rush.
9. Finish with next steps for your future care.
10. Visit Cardiomyopathy UK for further support or talk to one of our nurses on our helpline.