

The *10 minute appointment*.... What might my doctor have to fit into that time?

Listening to your story

Examining you

Considering a diagnosis

Considering and planning treatment

Assessing safety of treatments

Documenting everything accurately for your medical record

Reviewing past results, letters and notes

Creating paper or electronic forms for referrals and tests

Medication review

Dictating referrals

Discussing all this, checking you understand and agree with the plan



What can patients do to help us achieve all this in such a short time?

Be on time:

but please understand if we are running late – sometimes complex emergencies crop up which do take over 10 minutes!

Be prepared:

Think about what you want to tell the doctor in advance. If you may need to be examined, wear accessible clothing and remove coats. If you have a urinary problem, bring a sample! If you've got a new medication from elsewhere, bring us the details...

Be realistic:

It's tempting to bring a list of unrelated problems, but consider what is achievable in 10 minutes – more than one appointment may be needed to give your problem the full time it deserves. It can be unsafe for us to “squeeze in” a 2nd or 3rd problem and we may risk missing something serious!

Be concise:

We love to get to know our patients, but if there's a lot to cover we need you to get to the point.

Be specific:

Tell us your most important worries or symptoms first! Don't save the big problems to the end. Highlight your concerns and questions - we won't be able to address your fears if we don't know what they are.

Help us to help you!