



## GETTING THE BEST FROM YOUR APPOINTMENT

Your GP (General Practitioner) or ANP (Advanced Nurse Practitioner) appointment is for 10 minutes.

We want to work with you to make this 10 minutes as effective as possible. The consultation can roughly be broken down into 3 parts:

1. An opportunity for you to explain to the GP/ ANP what your health problem is, and what you are concerned about. The GP/ ANP will be interested in what you think is causing your problem or symptoms.
2. The GP/ ANP will clarify your problem by asking you questions and examining you if necessary.
3. The GP / ANP will explain the diagnosis/ possible diagnosis. We will then talk about the best way to investigate and/or treat your problem. We will consider your preferences and views, as well as ensuring that the plan is safe and appropriate.

A follow up will usually be discussed as needed

Within the allocated 10 minutes, the GP/ ANP will also make comprehensive notes in your medical record. The GP/ ANP will also arrange any referrals or actions that have been agreed upon. This is a lot to fit into a 10 minute consultation. In the interests of providing you with safe, effective and holistic care, you will hopefully appreciate why we ask you to consider the number of issues you bring to each consultation. If you do have more than one problem, you must let the GP/ ANP know, so that you both can plan how to address these over the course of one or more appointments.