



What Do I Ask? What Do I Say?

Case Study #1:

Rylynn moved to a new city. She didn't want to move, but her family was transferred. She was really happy at her old school and had a close group of friends. She's just getting acquainted with her new school and making new friends. She has joined a sports team and is enjoying the practices. Her grades are okay – at least as good as they were in her last school.

Lately, she has been really tired. She wonders if she is doing too much. But she thinks she was this active at her last school. So, that doesn't make sense. She keeps thinking that she will feel better soon, but it doesn't happen. It's been three weeks and she can hardly get out of bed in the morning. Her friends have even commented that she seems down.

She didn't want to talk to her parents about it. They have enough to do with the move and selling the old house. She decides to go to the school clinic.

How would you describe what is going on to the health care provider if you were Rylynn?

What questions would you ask?

Imagine that the health care provider suggests getting some blood work done to rule out some potential problems.

What would you ask?



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Case Study #2:

Sebastian is overweight. He knows it, but isn't motivated to do anything about it. He hates going to the doctor because she always brings it up as something he should "work on." Well, lately a couple things seem to be different for Jared. He is so thirsty. He can never seem to get enough to drink. He switched from soda to water to try to find something to quench his thirst, but it didn't seem to help. Then, his hands got tingly and numb. He thought it might be from the video games he's been playing, but he's not sure. Today, he couldn't see the words on the computer very clearly. The words seem blurred. He is scared about what is happening to him, but he doesn't want to go to the doctor and face the lecture on weight again. After a couple days and no improvement, he was scared enough to make the phone call to the doctor.

What would you say to the doctor if you were Sebastian?

How would you describe what is going on to the health care provider if you were Sebastian?

What questions would you ask?

The doctor suggests that it might be diabetes and wanted to do a blood test.

What questions would you ask?



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Case Study #3:

Makyla is a volleyball player. She loves the sport and the team she plays on. Unfortunately, she has really bad knees. She is in a lot of pain during and after a game or practice. She puts ice on her knees and her mom gives her pain medication to take. She can't give up volleyball. Her left knee is worse than her right. If only there was a surgery or shot that would give her some relief! She took a tumble in the last game and really twisted her knee. Her mom made her go to the doctor. She has been working with this doctor for several years. He specializes in sports medicine. The doctor looked at Makyla and said, "I think your volleyball days are over." Makyla burst into tears. She was counting on a volleyball scholarship for college. There just had to be another way.

What would you say if you were Makyla?

What questions would you ask?

After some conversation, the doctor agreed to surgery.

What questions would you ask?



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Case Study #4:

Michael lives close to his grandparents. As he was growing up, he loved to spend time with them and still does. But he's busier now that he's in high school and doesn't have as much free time. He has noticed that his grandpa doesn't seem to remember things he tells him, and he asks the same questions over and over. The last time Michael was there his grandpa was taking his medication that the doctor prescribed. Michael asked what he was taking and his grandpa couldn't remember and didn't seem to know how many to take. Michael is worried. His grandma thinks his grandpa is okay and doesn't want to upset him.

Michael talked to his mom and she suggested that Michael offer to go with his grandpa the next time he goes to the doctor. Michael did and grandpa agreed.

What might you say if you were Michael to grandpa before going to the appointment?

What questions would you ask?

What might you say to the health care provider?

What questions would you ask?