

Visiting Health Workers

This is general information. Talk to your doctor for information made for you.

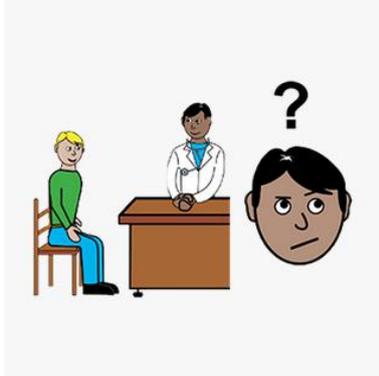
QCIDD. (2023). *Health Resources - Easy Read Diabetes*. Available from <https://www.qcidd.com.au/home/health-resources>.

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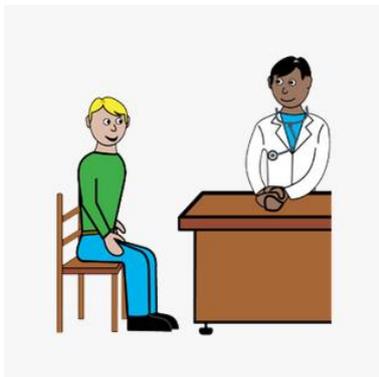
Visiting the Doctor

Tips for Visiting the Doctor



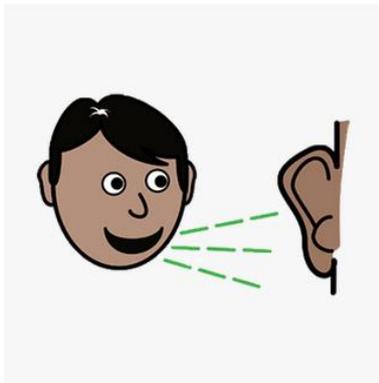
Doctors may tell you lots of things.

It can be hard to understand.

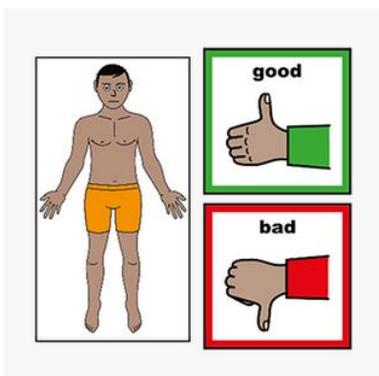


Tell your doctor it is hard to understand them.

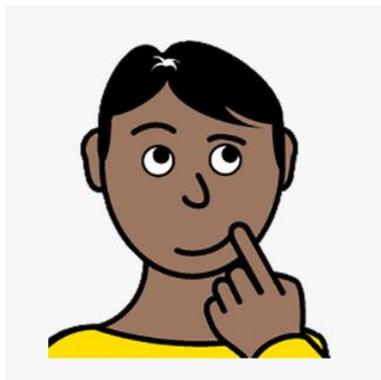
And ask them to talk in a way you understand. Like



- in a slow way
- they don't use big words



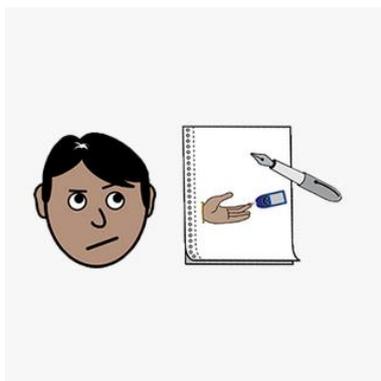
- they use pictures



You can write down what the doctor tells you.

A support person can help you write.

You can ask the doctor to write things down.



Before you go to the doctor write down

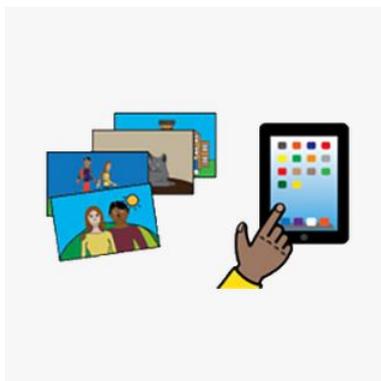
- what you want to say
- questions you want to ask

A support person can help you write



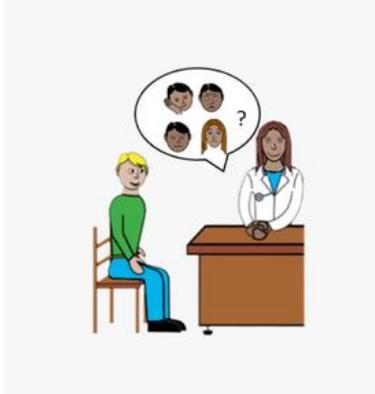
You can bring

- things that make you feel comfortable
- fun things to do while you wait



- things that help you communicate

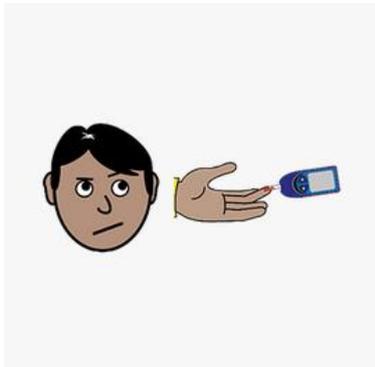
What will the doctor ask you?



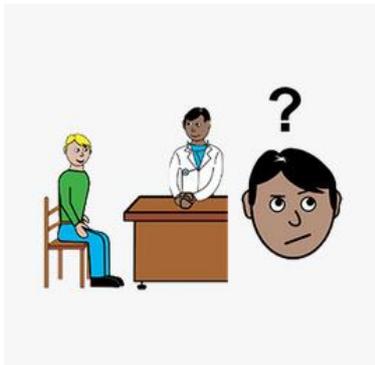
They might ask you

- how you feel

or



- how your diabetes is going
- what is hard about looking after your diabetes
- about your blood sugars

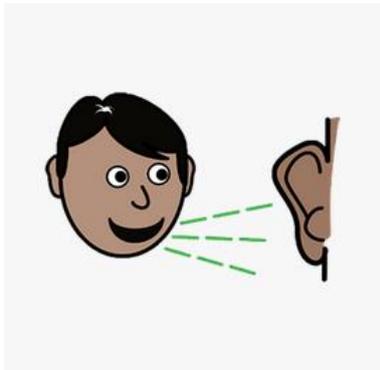


Doctors may tell you lots of things.

It can be hard to understand.



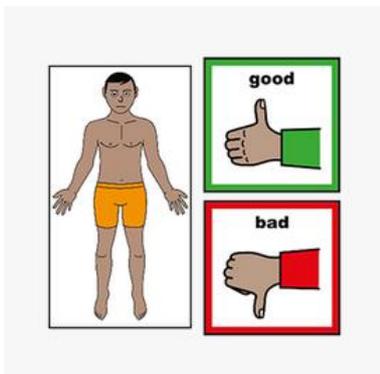
Tell your doctor it is hard to understand them.



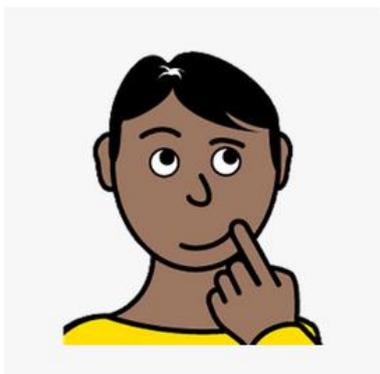
and

Ask them to talk in a way in understand. Like

- In a slow way
- They do not use big words



- they use pictures



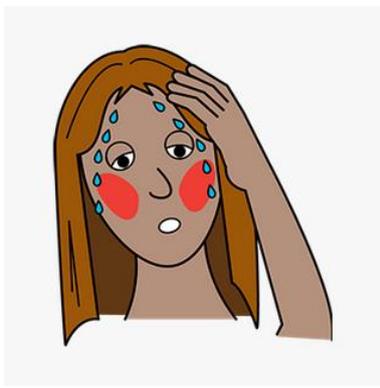
You can write down what the doctor tells you. A support person can help you.

You can ask the doctor to write.

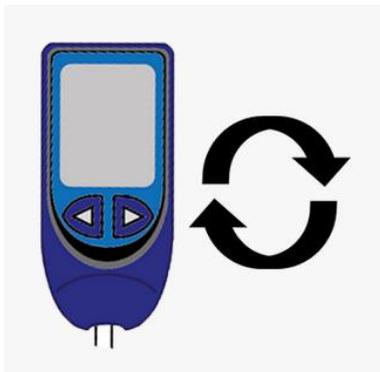
What do I say to the doctor?



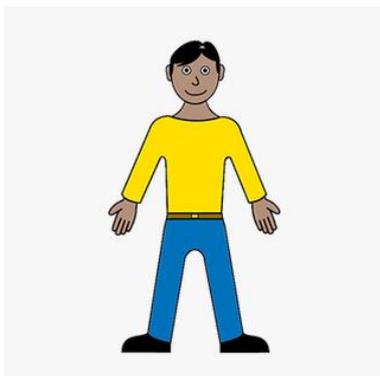
There are lots of things you can see the doctor about.



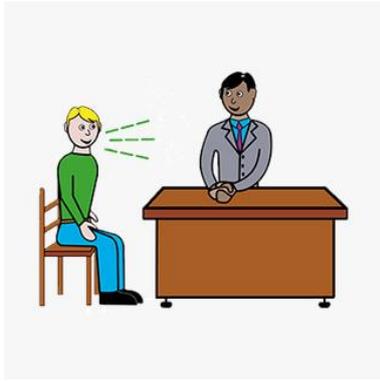
You may see the doctor about feeling sick.



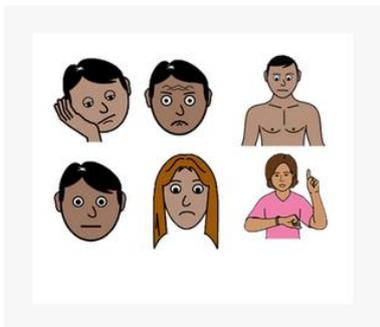
You may see the doctor about your blood sugars.



You may see the doctor for a check up.

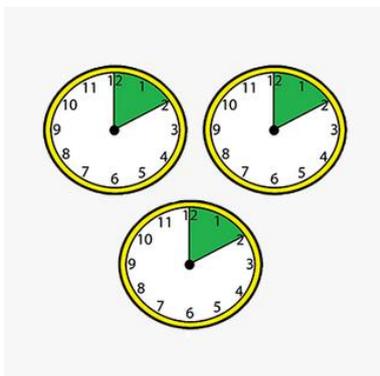


Tell the doctor about why you came to see them.

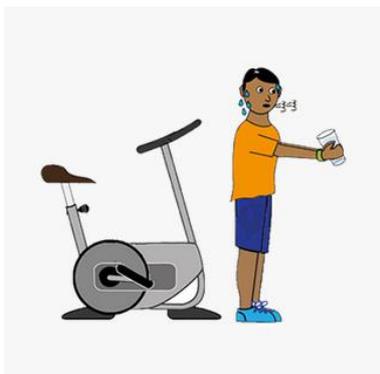


You can tell them

- what you are feeling
- where you are feeling it
- when you feel it



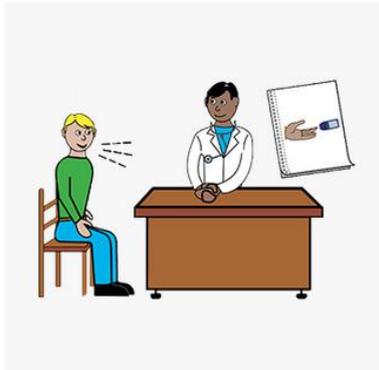
- how often you feel it
- how long it lasts



- what makes it happen
- what makes it better



- what your support people have noticed



You can ask them questions.

Like about things you don't understand or are worried about.

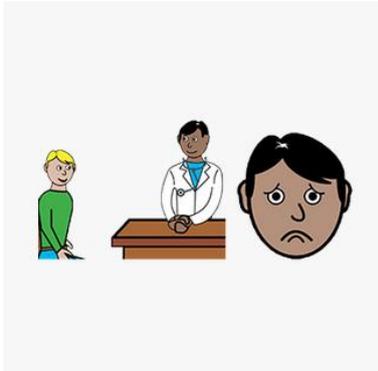


The doctor may ask you questions.

Try to answer them as well as you can.

They ask questions to work out how to help you.

I am nervous about seeing the doctor. What do I do?

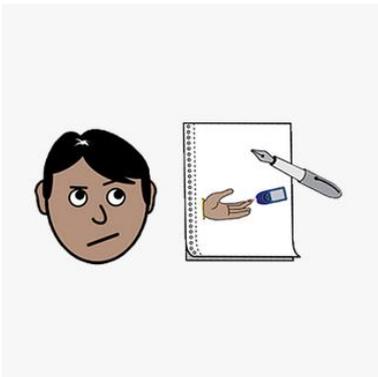


You are going to see a doctor.

You are nervous.



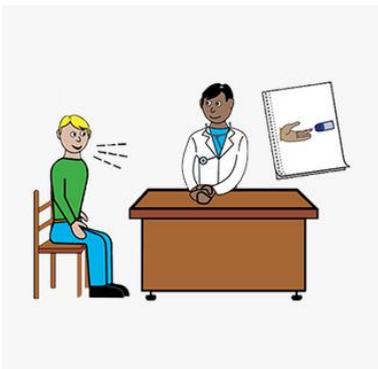
It is okay.



Write down what you want to say to the doctor.

It can help you remember what to say.

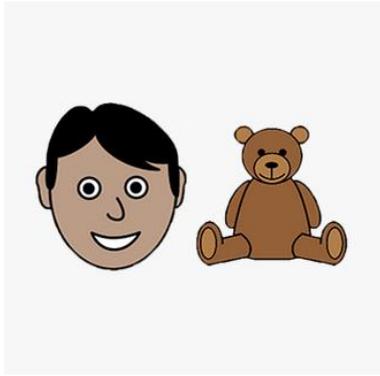
A support person can help you write.



Give your note to the doctor.

Or

You can keep it with you.

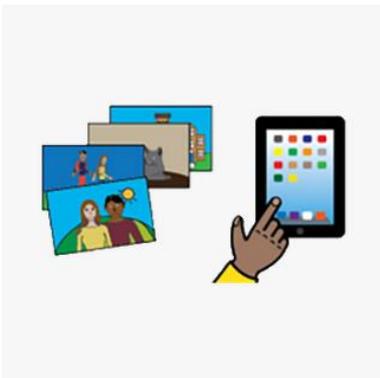


You can bring

- Things that make you feel comfortable. Like a toy.

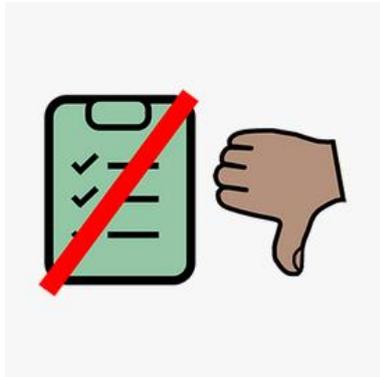


- fun things to do while you wait. Like an iPad.



- things that help you communicate

You go to the doctor. You have diabetes.



The doctor tells you how to look after your health.

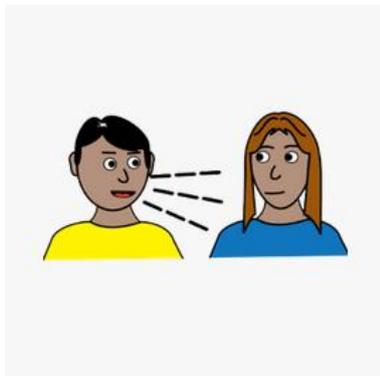
But

You still feel sick. Your diabetes problem is not fixed. Like

- Your blood sugars are still high
- Your medicines make you feel sick

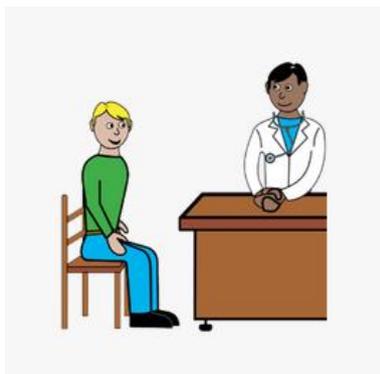


This is normal. It is OK.



Talk to someone you trust.

Ask for help.

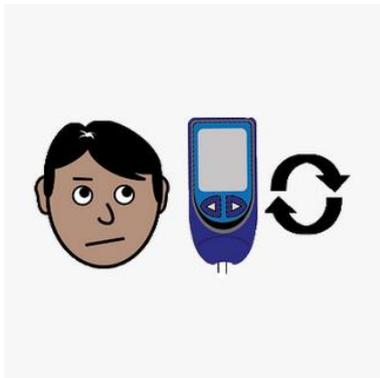


Go back to the doctor.

Did going to the doctor fix your problem?



You went to see the doctor.
You talked about your diabetes.

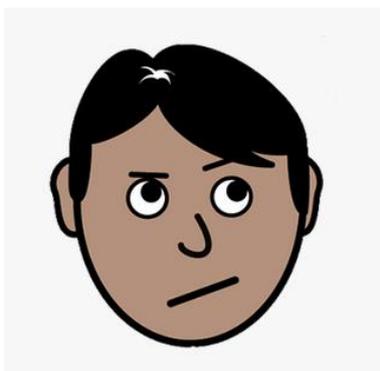


You may have had a problem. Like

- Your blood sugars changed. You did not know why.
- Your blood sugars change more often than normal



- You were sick

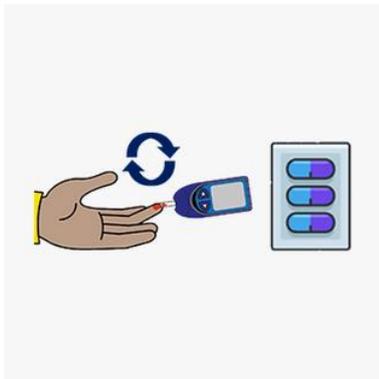


- You were confused



They might have told you

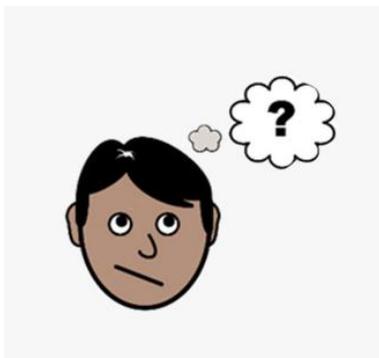
- That everything is going well. There is no need to change



- That you need to change something about how you look after your diabetes.

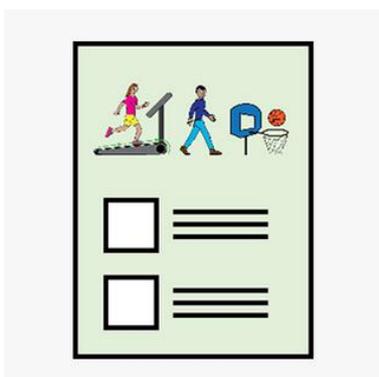
If something needs to change, that is OK.

That is normal.



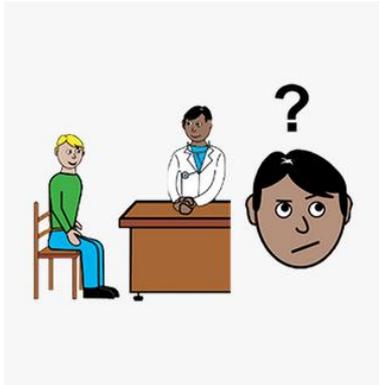
Think about what the doctor said.

If they said you need a change, think about how it can fit into your life.



Make a plan to add it to your day.

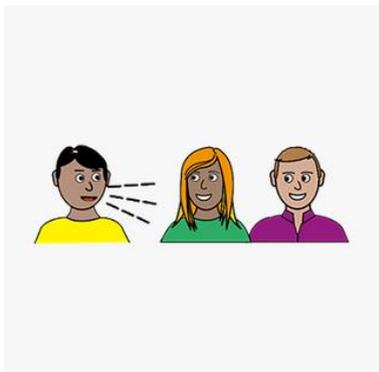
A support person can help.



You may not understand what the doctor said.

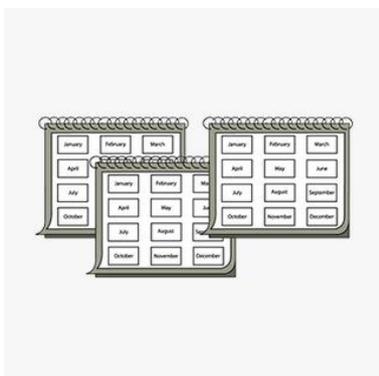
That's OK.

Talk to a support person. They can help you understand.



If you still don't understand, talk to the doctor again.

Ask them to explain it again.

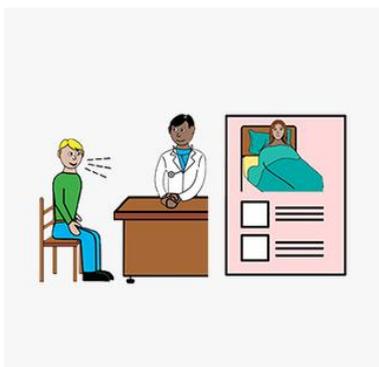


Some health problems do not go away.

Or

They take time to go away.

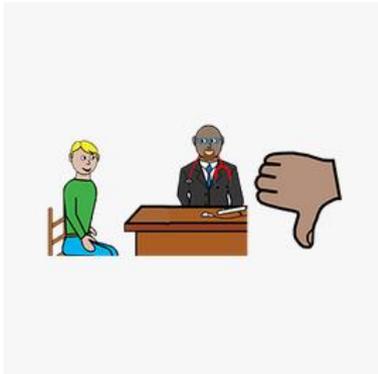
That is normal.



Your doctor will help you take care of your problem.

You can ask your doctor if or when a problem will go away.

You are not happy with your doctor



You go to your doctor.

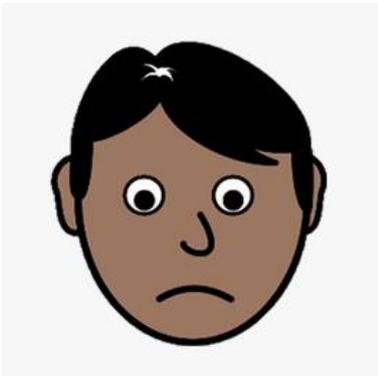
You are **not** happy with the visit.

You think



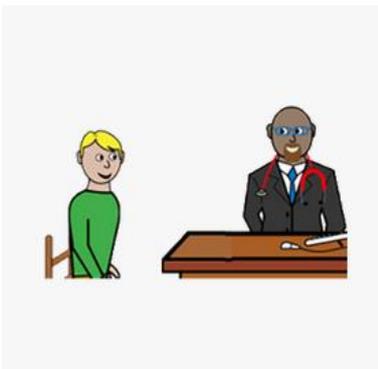
- your doctor did not listen to you

or



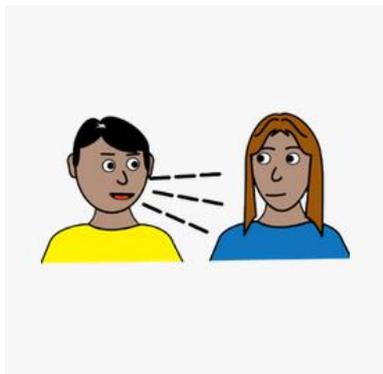
- your doctor said things that made you feel bad

You can



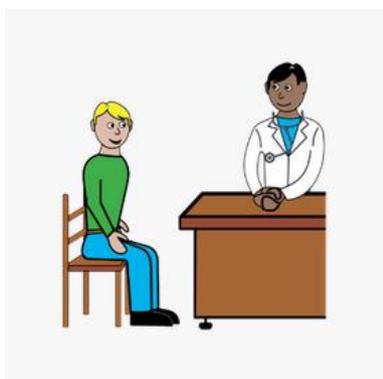
Go back to the doctor. Take a support person with you.

or



Talk to someone you trust.
Ask them for help.

or

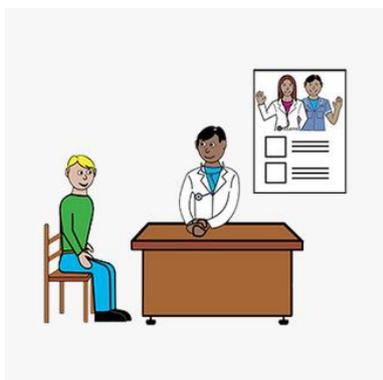


Go to a different doctor.

What is a referral?



Some health workers know lots about 1 part of your body.



Your doctor sometimes tells you to see other health workers. They will give you a referral.

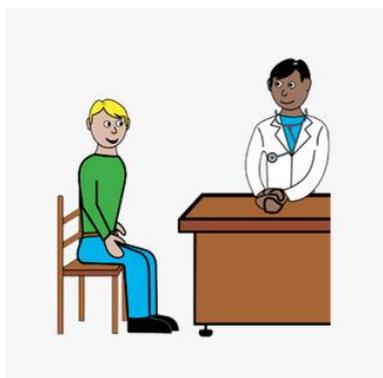


A referral is a letter.

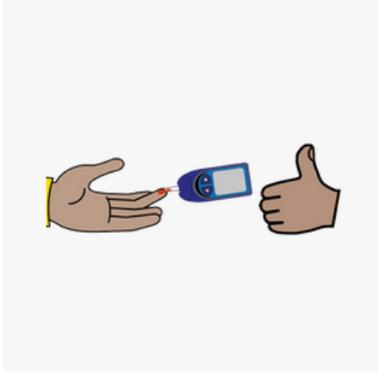
It tells health workers what your doctor wants to know.

When you get a referral you can ask

- why you need to see the health worker
- what the health worker will look at
- how you will pay for it



Your Diabetes Team

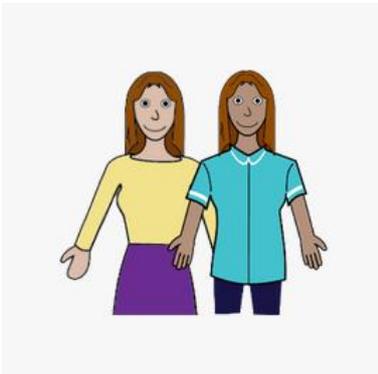


Your diabetes team helps you look after your diabetes.

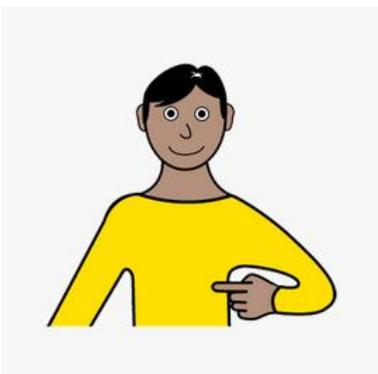
It has



- health workers. Like a diabetes educator or dietician

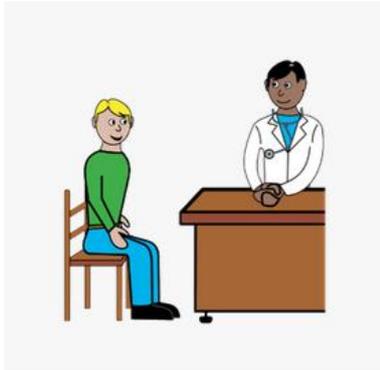


- your support people



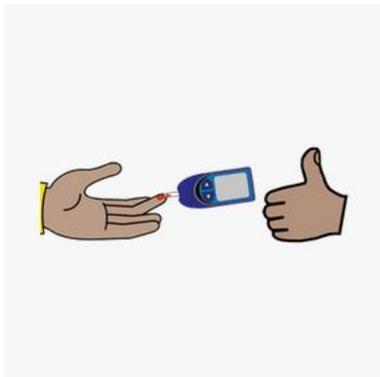
You.

Your GP and Diabetes



You see your GP the most about your diabetes. Like when you have

- questions
- problems



Your GP checks how you are looking after your diabetes.



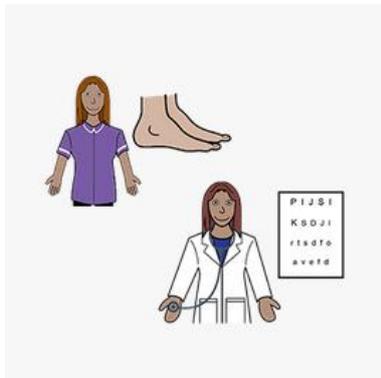
They will check your

- blood and pee
- weight
- blood pressure



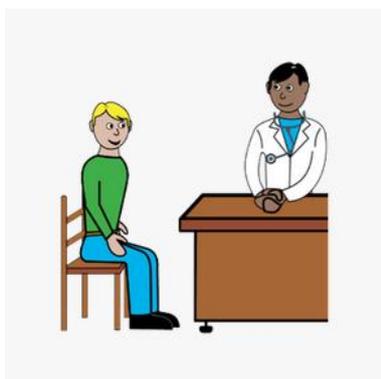
Sometimes you must see health workers for your diabetes.

They know a lot about 1 part of your body.



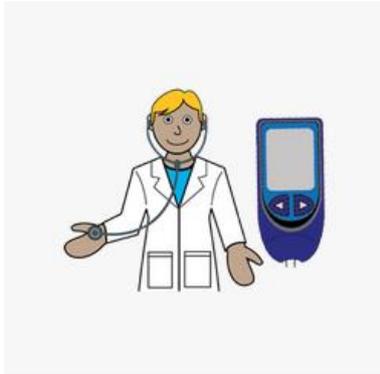
Health workers are people like

- Podiatrists. They help you look after your feet
- Optometrists. They help you look after your eyes.



Your GP tells you when you must see them.

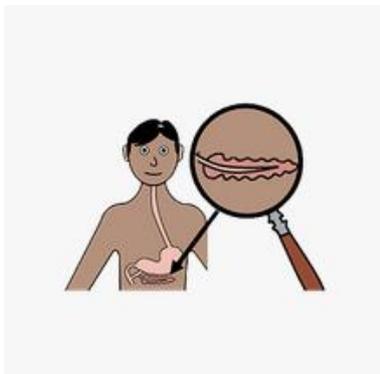
Your Endocrinologist



They are doctors for diabetes.

They are endocrinologists.

Sometimes people call them endos.



They know lots about insulin and your pancreas.

They help you keep your blood sugars in range.



They help you have good blood sugars.

Your blood sugars must be

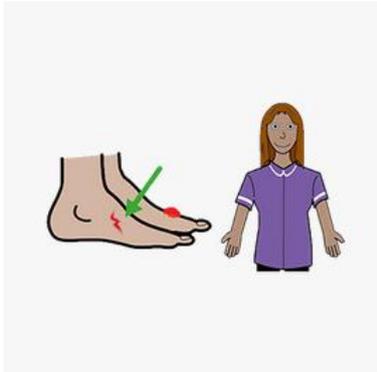
- not too low
- not too high



They will check how

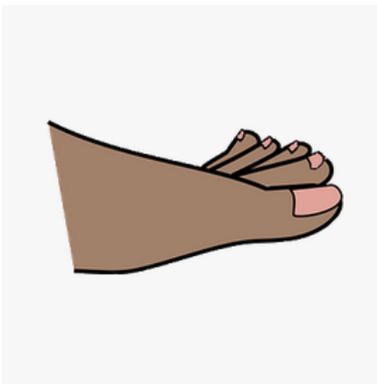
- Your blood sugars have been
- Your insulin is going
- Your diabetes health checks are going
- What other medicines you are taking.

Your Foot Doctor



Your foot doctor is a health worker.
They are called podiatrists.

They will help you look after your feet.



They will check your feet.

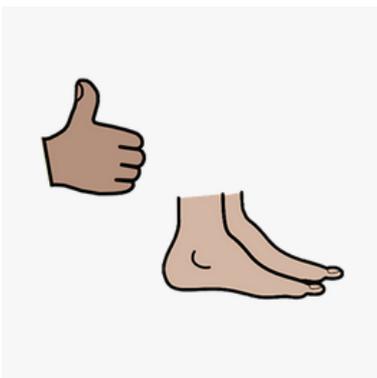
They will check your toe nails

- are short
- do not look sick



They will touch your feet and legs with
special tools. It will not hurt. It may feel

- cold
- a bit funny
- like you are being tickled

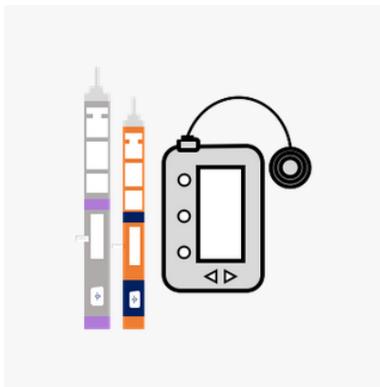


They will talk with you. They will help
you look after your feet.

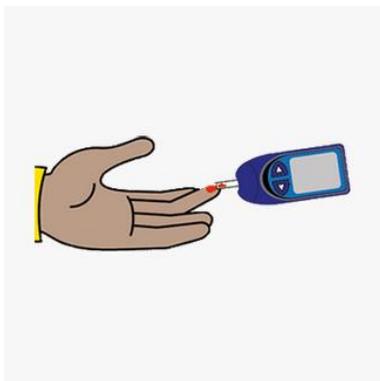
Your Diabetes Educator



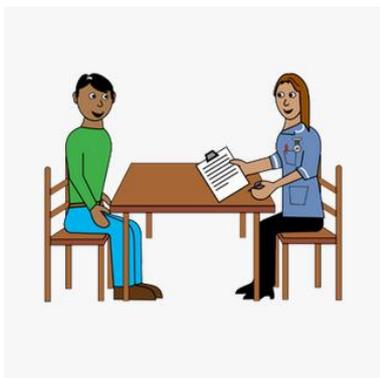
A diabetes educator show you how to



- take your insulin



- check your blood sugars
and
- understand what they mean



They will ask about

- taking your medicines
- taking insulin
- do you need more help to look after your diabetes.

