

Building good relationships with healthcare providers to support medication management



- Developing a good relationship with your healthcare providers is important for supporting medication self-management
- Healthcare providers can help with:
 - ✓ Answering questions
 - ✓ Addressing concerns
 - ✓ Making recommendations that align with your values and beliefs



There are many different strategies you can try to help build a relationship with your healthcare providers. Here are **6** strategies you can start with:





Self-advocate

1

Self-advocate

- Discuss your preferences and values about medications with your healthcare provider
- Some examples include:
 - Limiting prescription medications
 - Adding natural health products (e.g., vitamins)
- You may consider bringing someone (e.g., family member, friend) to support you in advocating for yourself



Communicate clearly

2

Communicate clearly

- Prepare a list of questions ahead of time (refer to topics to discuss and questions to ask healthcare providers for some examples)
- If you have concerns about your medications, mention them to your healthcare provider (no concern is too big or too small to talk about)



Ask questions

3

Ask questions

- Make sure all of your questions have been answered before leaving the appointment
 - **Tip:** it is helpful to create a list of questions ahead of time, refer to our list of questions to ask your providers for examples
- Ask if you need to schedule a follow-up visit, who it will be with, and when it will occur



4

Be honest

4

Be honest

- If you have experienced any lifestyle changes discuss them with your provider as they may impact your medication regimen
- Some examples of lifestyle changes include:
 - Exercise levels
 - Sleep patterns
 - Alcohol use
 - Tobacco use
 - Cannabis (marijuana) use



5

Listen actively

5

Listen Actively

- **Active listening** is an effective communication skill and involves listening to the content, intent, and feeling of the speaker
- It involves both **verbal** (asking questions, repeating what was said) and **non-verbal** cues (eye contact, focus)



6

Learn together



Learn together

- Accept that not everything will be known
- Communicate openly and work together along the journey

Summary

- Building relationships with your healthcare providers will help support managing your medications
- There are many different ways to develop these relationships, but we have shared several options for getting started



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