

"ASK ME THREE"

MS. JENKINS VISITS THE LUPUS CLINIC



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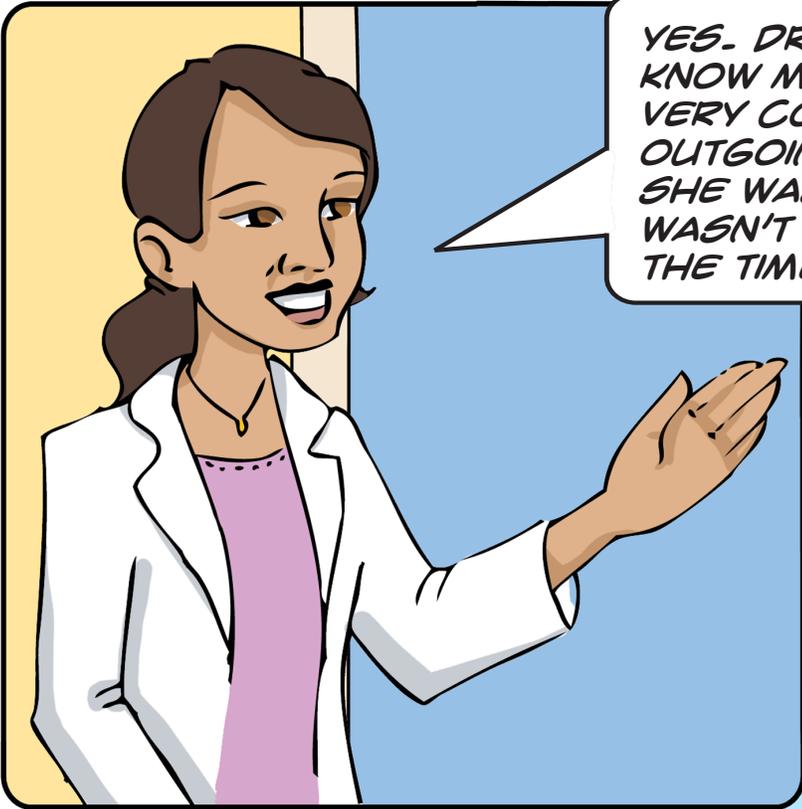
Content was inspired by the article Patient-clinician communication key to better adherence, by Michael Rapoff, PhD, American College of Rheumatology Annual Scientific Meeting Daily News, November 10, 2010

THE LUPUS CLINIC

DR. HALL, YOUR 9:00 APPOINTMENT HAS ARRIVED. HERE IS HER CHART.

THANKS SELENA. THAT WILL BE MS. JENKINS, CORRECT? WE'VE SEEN HER FOR A FEW MONTHS NOW. SHE HAS LUPUS.





YES. DR. HALL, I'VE GOTTEN TO KNOW MS. JENKINS A BIT. SHE'S VERY CONFIDENT AND VERY OUTGOING, BUT THE LAST TIME SHE WAS HERE WE LEARNED SHE WASN'T TAKING HER MEDS ALL OF THE TIME.



HMM... SOMETIMES A PATIENT WHO IS USED TO BEING IN CONTROL CAN HAVE TROUBLE WITH A STRICT MEDICATION PLAN... AND CAN BE TIMID ABOUT HAVING LOTS OF QUESTIONS.

BUT I THINK I HAVE A PLAN.

RIGHT THIS WAY MS. JENKINS.
LET'S CHECK YOUR VITALS WHILE
WE WAIT FOR DR. HALL. HOW WAS
THE COLLEGE REUNION?

WE HAD A GREAT TIME
SELENA. THANK YOU SO
MUCH FOR ASKING.

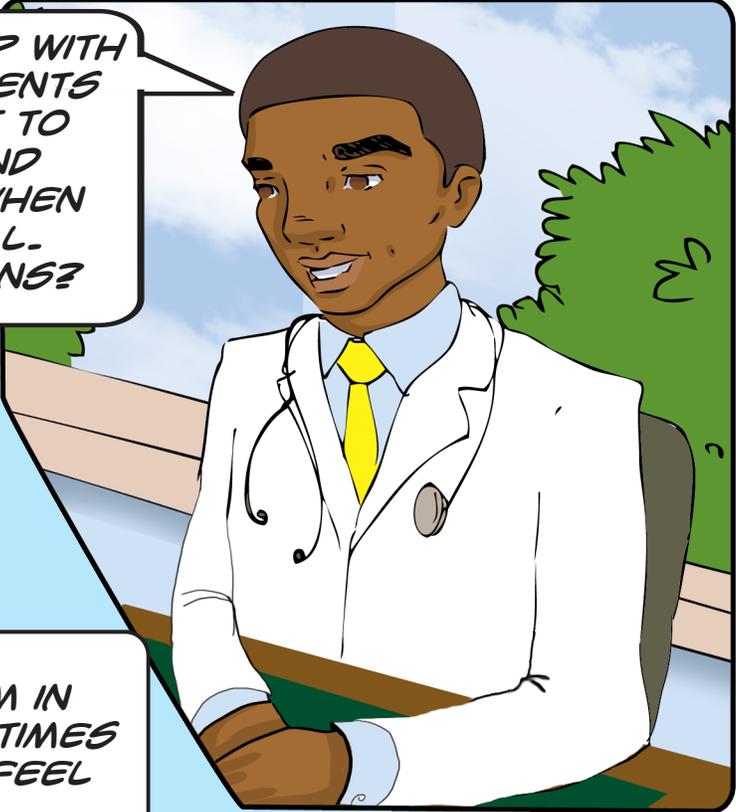


AFTER EXAM, IN DR. HALL'S OFFICE

MS. JENKINS, HOW HAVE YOU BEEN FEELING?

I'VE BEEN ALRIGHT I GUESS, DOCTOR. LATELY MY MUSCLES AND JOINTS ACHE. I WANT TO TRAIN FOR THE LUPUS 2.5 MILE WALK. DO YOU THINK THAT'S OK?

IT'S GOOD THAT YOU CHECKED WITH ME AND THAT YOU LET ME KNOW ABOUT YOUR MUSCLE AND JOINT PAIN- THOSE ARE SYMPTOMS WE OFTEN SEE WITH LUPUS. I THINK EXERCISE IS A GREAT OPTION FOR YOU.



YOUR MEDICATION CAN HELP WITH THE JOINT PAIN. SOME PATIENTS ARE SO BUSY THEY FORGET TO TAKE THEIR MEDICATIONS AND OTHERS ONLY TAKE THEM WHEN THEY ARE NOT FEELING WELL. HOW ABOUT YOU MS. JENKINS?



I USUALLY DO TAKE THEM IN THE MORNING, BUT SOMETIMES I FORGET. I MEAN... I FEEL SO SILLY...

I TAKE ONE OF THEM REGULARLY, BUT WHAT IS THAT NEW ONE FOR?

IS IT BETTER TO TAKE THEM IN THE MORNING OR AT NIGHT? WHY?

SHOULD I DOUBLE UP IF I MISS A DAY?

I HAVE OTHER QUESTIONS, BUT I DON'T WANT TO BE A BOTHER.

"ASK ME THREE"

I HAVE AN IDEA. EVERY TIME YOU VISIT I WANT YOU TO ASK ME THESE THREE QUESTIONS:

1. WHAT DO YOU CURRENTLY SEE AS MY MAIN LUPUS CONCERN?
2. WHAT SHOULD I DO ABOUT IT?
3. WHY IS IT IMPORTANT THAT I DO THAT?



WHEN YOU UNDERSTAND WHY EACH MEDICATION IS IMPORTANT, AND HOW IT WILL HELP YOUR MAIN CONCERN, YOU ARE MORE LIKELY TO REMEMBER TO TAKE IT. AS I SAID DURING YOUR EXAM, YOUR LAB RESULTS HAVE IMPROVED. SO THIS TIME YOUR MAIN CONCERN IS JOINT PAIN.



HE'S GOOD!

NOW, REMEMBER,
"ASK ME THREE."
DO YOU THINK YOU CAN DO THAT
FOR ME, MS. JENKINS?

YES, DOCTOR HALL,
I THINK THIS WILL
HELP. MY THANKS TO
YOU BOTH.

IT'S ALWAYS A PLEASURE, MS. JENKINS.
DON'T HESITATE TO CALL IF YOU HAVE
ANY FURTHER QUESTIONS.

FINAL MESSAGES

- ***YOU ARE THE MOST IMPORTANT PART OF YOUR CARE.***
- ***LEARN WHAT EACH MEDICATION IS FOR AND WHY IT WAS PRESCRIBED.***
- ***IT IS IMPORTANT TO TAKE YOUR MEDICATION AS PRESCRIBED.***
- ***WHEN IT COMES TO YOUR HEALTH, THERE IS NO SUCH THING AS A SILLY QUESTION.***



ALSO AVAILABLE FROM THE LUPUS INITIATIVE AT

WWW.THELUPUSINITIATIVE.ORG

Track your symptoms

using our Lupus Symptom Checklist

Tell your story

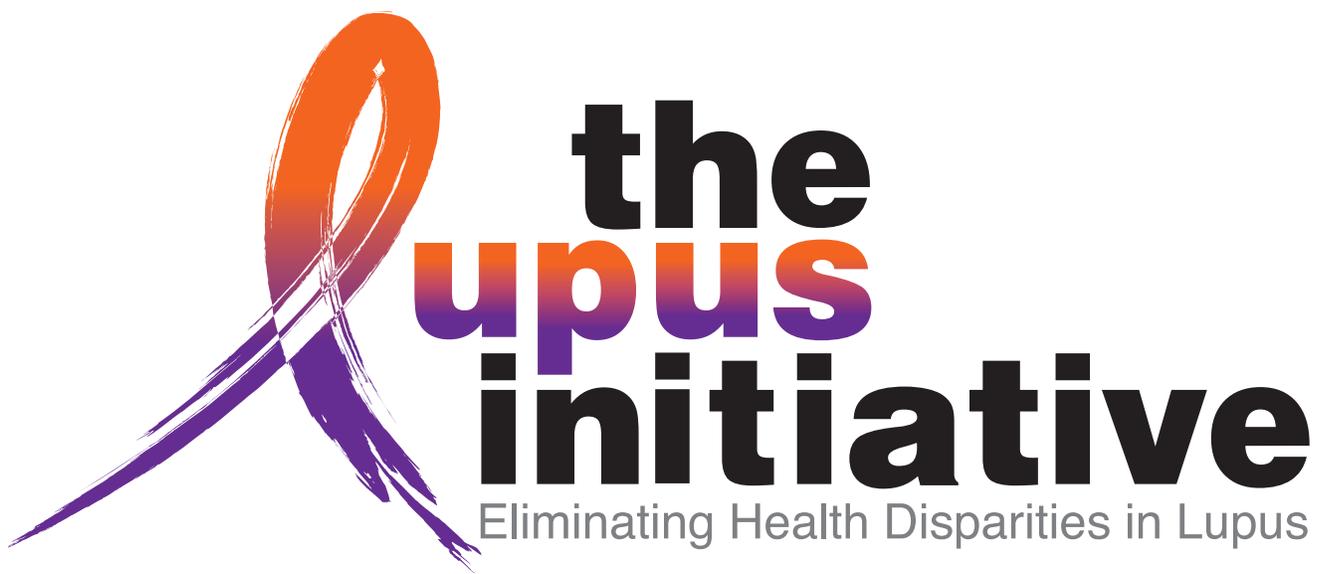
as part of the Lupus Initiative Story Bank

Educate your family and friends

with our DVD entitled,
“Lupus - What You Need to Know”

The Lupus Initiative is an educational initiative designed to reduce the health disparities experienced by patients disproportionately affected by lupus based on race, ethnicity and gender. We seek to improve disease diagnosis, treatment and management through targeted education for practitioners and trainees.

The Lupus Initiative is managed by the American College of Rheumatology under a cooperative agreement with the US Department of Health and Human Services (HHS). It received initial funding and/or support from HHS' offices of Minority Health, Women's Health, and the Surgeon General, and continues to collaborate with them.



www.thelupusinitiative.org