



## TakeCHARGE Campaign Moves to Step 3: Prepare for Doctor or Hospital Visits — Make a List of Questions

*#3 of public awareness campaign's "5 Steps to Safer Health Care" aims to prevent "doorknob moments"*

The TakeCHARGE Campaign: 5 Steps to Safer Health Care is pleased to announce that June is the month for people to take its Step 3: Prepare for Doctor or Hospital Visits — Make a List of Questions.

TakeCHARGE was developed by Pulse Center for Patient Safety Education & Advocacy. Pulse's president, Board-certified patient advocate Ilene Corina, says, "When we visit a doctor or hospital, we are often worried and stressed — in other words, not thinking as clearly as we'd like. Often, we forget what we meant to say, leading to the 'doorknob moment', when as the clinician has a hand on the doorknob to leave the room, a patient suddenly remembers a question they'd meant to ask, or a detail they'd forgotten to mention."

Step 3 of the TakeCHARGE Campaign:  
**Prepare a list of questions and symptoms *before* you visit your doctor or go for a procedure or to the hospital.**

Corina says the remedy is simple: if we think about our reason for a clinical visit ahead of time, writing down questions as they occur, we'll have our thoughts organized when we are face-to-

face with a doctor. Talking it over with family and friends may suggest other questions never previously considered.

This year, the TakeCHARGE Campaign is also being taught to community groups by “TakeCHARGE Ambassadors.” To learn about becoming one, please visit <https://www.pulsecenterforpatientsafety.org/takechargeambassadorinfo>

For more suggestions about TakeCHARGE’s Step 3, please visit <https://takecharge.care/step-3/>. Also look for TakeCHARGE messages on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#).

To learn more about the TakeCHARGE Campaign and how to get involved, please visit <https://takecharge.care/get-involved/>.

For further information:

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