

# Self-Management

## What is self-management?

What a person with a chronic disease does to control their illness and stay healthy.

Things you should know about your medicines:

- What medicines do you take?
- How many medicines do you take each day?
- Why do you take them?
  - What do they do?
- Which other medicines "do not mix" with yours?
- When and how do you take them?



You can read the medicine label to find out many of these things!

Here are some tips for refilling your prescriptions:

- ☐ Refill your prescription either by phone or online 2 weeks before you run out.
- ☐ Read the label to see how many refills you have left before you need to ask your doctor for a new prescription.
- ☐ Ask about getting a 90-day refills to make it easier to always have your medication.
- ☐ Ask your parents about how your medicines are refilled.

## Examples of Self-Management

1. Getting medication refills.
2. Always taking your medicines - on your own!
3. Setting up doctor appointments.
4. Asking questions about your condition.

All of these things, and more, make up self management!

## Appointments

Appointments are a time for your doctor to check on your health. They are also a chance for you to ask questions about your care. It is very important for you to always go to your appointments. If you cannot make it, be sure to cancel on time, and always call ahead to reschedule!

It's always good to have questions for your doctor, take this space to write down questions for your next appointment!



- 1.
- 2.
- 3.
- 4.

## Reading a Prescription Label

We know that prescription (medicine) labels can be confusing, but they have a lot of important information that you should always read! Let's break it down together to see how easy it can be!

pharmacy name and address

pharmacy phone number

prescribing doctor

your name

medication name

number of pills

date of prescription

instructions on how to take your medicine

number of refills left

date of last refill

Main Street Pharmacy  
1200 Main Street North, Minneapolis, MN (612) 555-1234

Dr. R. Wilson  
Rx No: 300443 01/04/2005

JOHN JOHNSON

Dose: TAKE ONE TABLET BY MOUTH, DAILY.

Zocor Tabs Mfg Merck

Qty: 30  
REFILLS: 3 BEFORE 12/08/05



# Communicating with Your Doctor

You do not have to wait until your appointment to ask your doctor a question. You can email or call them, and they will be happy to help you! Get their email or phone number to contact them if you have questions about your medications, diet, symptoms, etc.



fill out your doctors' contact information here

Name:  
Email:  
Phone #:

Name:  
Email:  
Phone #:

Name:  
Email:  
Phone #:

Make sure you know the name of your doctor! If you call the main hospital number you will need to tell them this.

If you have an emergency, hang up and call 911!

Have your questions ready on a piece of paper. Write down the answers your doctor gives you.

If you get put on hold, be patient! Your doctor will get to you as soon as they can.

You are probably used to answering your doctor's questions, not asking your own. But you have the right to ask questions, too! In fact, you should be able to ask questions about anything you like: it's your body!

Here are some examples of questions that you can ask your doctor to help you talk about things that might be worrying you...



## Questions About Medications



What does this medicine do?  
What will happen if I don't take it?  
Should I stop the medicine if I feel back to normal?  
What are the side effects?  
How long should I take it?  
What if I accidentally miss a dose?

If I do not notice any improvement, how long should I wait before calling you?



## SUMMARY

The more questions you ask, the more you will discover about your body. When you know what is going on with your body, you can take better control of your own health - today and in the future!

1. Self-management is learning to manage your disease as you get older so that your parents do not have to help you.
2. You will need to learn about your medicines, like which ones you take, why, when, and how you take them.
3. You will need to learn to make your own doctor appointments and refill your medications.
4. Asking your doctor questions is important to keep up with your disease. You can ask questions related to: communication with your doctor, your illness or symptoms, medications, tests and treatments, or anything else you can think of!



## Questions About Tests & Treatments

Why is this test needed?  
How soon must I get the test?  
What will happen if I don't get the test?  
Are there any risks involved?  
Will it hurt? If so, is there anything we can do to lessen the pain?  
Can you perform the test or treatment in your office, or will I need to go to a lab or other facility?  
How should I prepare for the test or treatment?  
What side effects or changes should I report to you?



## Questions About an Illness or Symptom

What is wrong with me?  
Can you draw me a picture or show me what's wrong?  
What causes this type of problem?  
Is this serious?  
Will there be any long-term effects of this problem?  
Can I give this illness to someone else, and if so, for how long?  
Are there any activities or foods I should avoid until I'm better?  
When can I return to school or work?  
How can I prevent this from happening again?