



Research Worksheet :: Diagnosis and Treatment :: Options and Alternatives

Whether you are quite clear about your diagnosis and simply want more information, or if your intuition tells you something just doesn't seem right, this worksheet will help you track your diagnosis and treatment options research. Some suggestions for places to research are located here. The master resource list is kept updated on www.diagKNOWsis.org.

We invite you to make suggestions to make this more helpful to others. Contact us at the email address listed below.

How to use this worksheet:

When the doctor made your diagnosis, s/he probably provided you with a name of your condition or disease, some terminology about its status, information about treatments and a prognosis. It's very likely that much of this was challenging to understand. If you were able to write down any of the information, or retain some of the terminology that was unclear, or if you have additional questions, you can use this approach to learn more.

Here are the categories and how to use them:

- **Look Up:** this will be the name of something, or a medical term, a symptom or a test result, an expert physician, or something you want more information about
- **Resource:** where you will get more information, e.g. from your doctor, from a book or article, from the internet, from meeting someone with the same disease, a new doctor, etc.
- **Findings:** what you learned from your resource, e.g. new terminology, potential alternative diagnoses, symptoms, what a test result means, alternatives, alternative treatments or other pieces of information. This is the area that will trigger more questions for your doctor, or will trigger more concepts to look up.
- **Still Need to Look Up:** This is the place to record things you still don't understand such as medical terms, phrases, alternative diseases or conditions.
- **Additional Resources:** Sometimes during your research, you will find additional websites, institutions, articles, books or people to use as resources. Write them down here, and use them as one of your Look Up options.

How to use your results – four possible outcomes:

1. Use your findings to take you to more places or people to find further information and answers.
2. Use your findings to ask your doctor about other options – different possible diagnoses or treatments. You'll want to **highlight** or circle those areas to help you make up your list of questions for your doctor.
3. The findings may be old or inaccurate, or simply may not apply to you – you will need to identify which ones are wrong or don't apply and cross them off.
4. Most importantly, use your findings to give you confidence that the decisions you make for your own health (or the person you are advocating for) are the right ones.

Good Luck and good health to you!



Research Worksheet :: Diagnosis and Treatment :: Options and Alternatives

Look Up	Resource	Findings	Still Need to Look Up	Additional Resources Found
<i>Here's a sample of how to use this worksheet. You can delete it, if you want to:</i>				
Neuropathy (this is how my doctor described the numbness in my feet)	http://www.nlm.nih.gov/medlineplus/mplusdictionary.html	"peripheral neuropathy": degenerative state of nerves, muscle weakness, numbness, etc	What it might be a symptom of	None
Neuropathy as a symptom of what?	Search in google: "neuropathy may be a symptom of" http://www.chclibrary.org/ and link to http://www.chclibrary.org/micromed/00060360.html	It might be a symptom of leprosy, lyme disease, Guillame Barre. Most people who have it have diabetes. (I don't have diabetes.)	Look up each disease for more symptoms.	Save this website for more info on symptoms and diseases.
Lyme disease	CDC website: http://www.cdc.gov/ncidod/dvbid/lyme/	Starts from a tick bite	Try to figure out when I was bitten by a tick (2002?) Check with doctor to see if they have a record of what the bite looked like.	There is a link on this site to inaccurate information about Lyme Disease on the internet.

Look Up	Resource	Findings	Still Need to Look Up	Additional Resources Found
<i>(add rows or columns as you need them)</i>				
My Medical Records				



Look Up	Resource	Findings	Still Need to Look Up	Additional Resources Found
<i>(add rows or columns as you need them)</i>				
People and Groups (Physicians, friends, others with same diagnosis)				

