Figuring out GVHD, together

Your lived experience is valuable information for your doctor. It can help you make decisions together.

Shared decision making is a collaborative way to make healthcare decisions. It combines your team's medical expertise with *your* expertise in living with GVHD—because nobody knows what it's like for you better than you do.

We know appointments can feel rushed, and it isn't always easy to bring up everything that's on your mind. **Organizing your thoughts before appointments can help.** Use all or any of these worksheets to help you focus on what's important to you. Let your doctors know that you'd like to practice shared decision making—yes, they'll know exactly what you mean!

How are you feeling?

Take a moment to reflect on how things have been. This information can help bring your doctor up to date.

	BETTER	ABOUT THE SAME	WORSE	I'D LIKE TO TALK ABOUT THIS
Energy and staying active				
Using my hands				
Eating and enjoying food				
Sleeping				
Time with family and friends				
Work, school, or everyday responsibilities				
Doing things I enjoy				

Are there symptoms or changes you would like your doctor to know about?

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What's on your mind?

Sharing this information can help you and your healthcare team create a treatment plan that reflects your needs, goals, and what's important to you.

THINK ABOUT WHAT MATTERS TO YOU

- [ ] Having better control
- [ ] Feeling better on a daily basis
- [ ] Staying active
- [ ] Doing things I enjoy
- [ ] Reducing medication side effects
- [ ] Spending less time at appointments
- [ ] Maintaining independence
- [ ] Returning to work or school
- [ ] Other: _____

Write down any questions you don't want to forget to ask.

NEED SOME INSPIRATION?

You might find these questions helpful.

Are there any changes we should talk about today?

What options could we consider today?

What should I expect between now and my next appointment?

What should I know before making a decision?

What are our next steps?

How will we know if this treatment is working?

What will help you feel more informed or confident today?

Complete this section with your doctor. Talking through your challenges, hopes, and treatment goals can help you create a plan that's right for you, right now.

THE BIGGEST CHALLENGE I'M FACING RIGHT NOW IS:

OVER THE NEXT FEW MONTHS, I HOPE TO:

IT'S IMPORTANT TO ME THAT MY TREATMENT:

BEFORE YOU LEAVE

Try telling your doctor, in your own words, what you understand the plan to be. They can confirm if you're both on the same page or clarify anything that's unclear. If you still have questions, it's always OK to ask!