



PHOENIX  
CHILDREN'S

# YOUR VISIT

## PARENT-TO-PARENT TIPS ON HOW TO GET THE MOST OUT OF YOUR CHILD'S VISIT AT BARROW NEUROLOGICAL INSTITUTE AT PHOENIX CHILDREN'S

\*\* For general information about your visit, go to [phoenixchildrens.org/your-visit](https://phoenixchildrens.org/your-visit)

### MAKE A LIST AND PRIORITIZE YOUR CONCERNS

- › Be prepared to share your child's medical history with your care provider.
- › Remember to bring up pressing concerns initially so there is adequate time to address them during the clinic visit.
- › What are the top three concerns you would like to discuss at the next appointment?
- › Are there changes or new symptoms in your child's health?

### SPECIFIC INFORMATION ABOUT MY CHILD

- › Is your child on a special diet?
- › Does your child utilize medical equipment related to their diagnoses (oxygen, pulse oximeter, wheelchair, etc.)?
- › Are your child's educational needs being met at school?
- › What are your child's likes, dislikes? What comforts them when they are upset? What makes them happy?
- › Is there anything we need to know about your child that would make this healthcare experience more comfortable for them?

### PRESCRIPTIONS AND MEDICATIONS

- › Have a list of your child's medications prepared
- › Do you need medication refills?
- › Are they taking any over-the-counter medicines or vitamins, herbal remedies or supplements?
- › Have they experienced any positive or negative side effects?

### KEEP THE CARE TEAM UP TO DATE WITH NEW INFORMATION

- › Has your child experienced a major life or medical event such as being hospitalized or treated in the emergency room or loss of a family member?
- › Any changes to your child's home or social environment?
- › Are they seeing a new doctor or a specialist?
- › Bringing videos of seizures or behaviors happening at home can be helpful to show the care provider.
- › Mention any changes you have noticed in your child's appetite, weight, sleep or energy level.
- › Discuss recent changes in any medications they take or the effects they have had on your child.

### FAMILY LIFE

If you have questions or need more information about any of the following, please let your provider know if you would like to speak to a nurse or social worker

OR

If you prefer you can access additional resources directly:

Dial 2-1-1 (2-1-1 Arizona) or visit [211arizona.org](https://211arizona.org)

- › diapers or car seats
- › food
- › clothing
- › emotional support
- › back to school supplies
- › access to care
- › housing or utilities
- › safety in the home
- › transportation
- › childcare

**If you have additional tips or suggestions, please email the Phoenix Children's Neuroscience Patient Advisory Council at [fac@phoenixchildrens.com](mailto:fac@phoenixchildrens.com)**