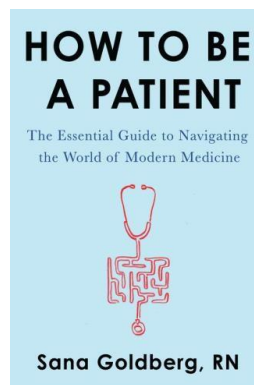


Discussion Guide

How To Be a Patient: The Essential Guide to Navigating the World of Modern Medicine

By Sana Goldberg, RN

1. The book opens with sections about patient agency — both its importance and how to assert it. Was this concept novel for you? Do you feel you tend towards an active or passive role as a patient?
2. Have you had a doctor or nurse practitioner that stood out to you? What were their traits? What are the things you are looking for in a primary care provider?
3. What are the three things you want to change about the way you engage with healthcare after reading this book? Are there any measures you will take immediately, or already have taken, from the *When All is Well* opening section?
4. What challenges have you faced in the healthcare system? What was overwhelming or frustrating about them?
5. Do you have someone in your circle that could advocate on your behalf during medical encounters or hospital stays? Has someone already served this role for you, or have you for someone else? How do you see this role as beneficial?
6. What did you take away from the book in regard to staying in the hospital? What things will you remember when you or a loved one are in the hospital?
7. It can be difficult to speak up to a provider — whether it's because you disagree with their advice, want a second opinion, or you generally wish to have a more active role in your care. How might you navigate these conversations? Do you feel more empowered to have them after reading the book?
8. The book emphasizes the role of community in improving health care situations. How might you engage with your community to improve healthcare for yourself and others? What might this look like in your community?



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