

THE APPOINTMENT DEBRIEF

A post-appointment record for what happened, what was unclear, and what comes next.

APPOINTMENT BASICS

Date: _____ **Provider / office:** _____

Reason for appointment: _____

Who came with me, if anyone: _____

1. WHAT HAPPENED?

Write down the main things that happened, what was discussed, tests or exams that were done, and any decisions that were made.

2. WHAT DID I UNDERSTAND?

What explanations, instructions, diagnoses, options, or next steps felt clear enough that you could explain them back in your own words?

3. WHAT WAS CONFUSING OR UNCLEAR?

Include words you did not understand, unanswered questions, conflicting information, rushed explanations, or anything you are unsure you heard correctly.

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4. WHAT NEEDS FOLLOW-UP?

Calls, referrals, prescriptions, labs, forms, records, scheduling, questions, or anything to check later.

5. HOW DID THE INTERACTION FEEL?

During the appointment, I felt:

- | | | | |
|------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| ☐ respected | ☐ listened to | ☐ rushed | ☐ dismissed |
| ☐ confused | ☐ pressured | ☐ comfortable | ☐ overwhelmed |

What mattered about the communication, tone, power dynamic, or accessibility:

6. WHAT HAPPENED IN MY BODY / BRAIN AFTERWARD?

Check anything you noticed after the appointment:

- | | | | |
|--|--|---------------------------------------|--|
| ☐ fine / steady | ☐ tired | ☐ brain fog | ☐ headache |
| ☐ shutdown | ☐ agitated | ☐ tearful | ☐ relieved |
| ☐ needed quiet | ☐ needed food / water | ☐ needed sleep | ☐ needed to talk it through |

Other:

7. WHAT DO I WANT TO REMEMBER FOR NEXT TIME?

A question to bring back, an accommodation to request, something that worked, or something not to repeat.

MY NEXT 3 STEPS

1.

 2.

 3.
