

DHTA1 SESSION 3

ACTIVITY: A VISIT TO THE DOCTOR

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A VISIT TO THE DOCTOR

We go to the doctor when we feel unwell or when we need a check-up or a vaccination. It's important to know how to organize our doctor's visit so that everything goes perfectly.

In the following game, you'll find 2 sets of cards with different actions. You have to sort out the cards to organize your doctor's visit.

Attention: Some cards are fake! Find the real ones and discard the fake ones.

Work in groups. When you finish, compare your result with that of your classmates and check if you have selected and ordered the steps in the same way.

If not, explain each other your choice.



**Be honest:
describe clearly
your symptoms**



**Arrive
15 minutes late**



**Do you smoke?
Don't tell the doctor**



**Write down
your symptoms**



**Consider a
companion
for the visit**



**Don't turn off
your mobile phone
during the visit**



**Arrive early
to find
the consultation room**



**You don't need
to bring your
health insurance card**



**Prepare a list
of questions**



**Listen carefully
to the doctor's
recommendations**



**Schedule the
appointment**



**Write down
the appointment
so you don't forget it**



**Before leaving,
make sure
you understand
the next steps**



**Fill the prescriptions
and follow
the instructions**



**Skip the steps
you don't like:
a blood test
is not essential**



**If you need
to make another visit,
schedule it
as soon as possible.**



**Throw away medicines
you no longer need
in the toilet.**



**Follow up:
Monitor
your symptoms and
register the changes**

