

# Prescriber Pamphlet Communication Guide Summary

(Take this with you to your appointment)

## Before you meet with the prescriber:

Remember your goals – to build a **partnership** with your prescriber, to provide the Pamphlet and motivate your prescriber to read it, and to request a new treatment plan.

Use this summary or create your own notes outline to refer to during your conversation with your prescriber.

## When you meet with the prescriber: Communication Suggestions

- Keep emotions in check
- Use “we, us, our” pronouns
- Use nonverbal cues to your advantage, like eye contact, nodding, smiling (when appropriate).
- Be respectful.

## Suggested words you could use for delivery of the Pamphlet to the prescriber:

Don't try to memorize these suggested scripts. Express these ideas in your own words as much as possible.

I'm here to get some help from you with my \_\_\_\_\_ (name of drug you were prescribed) and talk to you about some problems I'm having with it. I jotted down a few notes for myself here that I'm going to use as we talk, if you don't mind, to make sure I don't forget anything.

As you know, we've been working together to deal with my \_\_\_\_\_ (health issue) and we decided that a prescription for \_\_\_\_\_ (drug) would be a good treatment plan. Can we talk through that decision again?

I've been doing some research on \_\_\_\_\_ (drug) and wanted to talk to you about what I learned. I don't want to question your role in my care, but I did want to show you some information about \_\_\_\_\_ (drug) that I thought we should discuss.

**<<Hand the Pamphlet to the prescriber.>>** This is a summary of evidence-based research indicating some potential problems with remaining on benzodiazepine medications for more than 2 to 4 weeks.

Based on this evidence and other information I've been learning about lately, I'd like to work with you to help me taper off \_\_\_\_\_ (drug) and come up with another treatment plan.

I am not comfortable being on \_\_\_\_\_ (drug) and I want to work with you to slowly taper off, because I realize my body is likely quite dependent on it.

## Suggested script if your prescriber changes the subject or seems dismissive of the Pamphlet:

Dr. \_\_\_\_\_, I need your help.

I can't do this alone. I want you to partner with me.

What we have been doing is not working for me.

I believe I understand the root cause of some, if not all of my problems.

This document is the best summary of what that root cause is.

It is backed by hundreds of published medical studies.

How can we work together to determine if this is the root cause of many of my problems?