



Understanding Your Disease Process

Learning about your diagnosis can help you recognize changes early and take an active role in your care.

Keep this handout for reference. Your 123 GA Home Healthcare staff may review this topic with you and provide a printed copy. This website/PDF copy is available for you and your caregiver to review again at any time.

Learn About Your Condition

- Ask your healthcare provider what your diagnosis means, what symptoms are expected, and what changes should be reported.
- Understand the goals of your treatment, medicines, therapy, diet, activity, and follow-up appointments.
- Keep a written list of questions for your care team.

Watch for Changes

- Pay attention to changes in pain, breathing, swelling, appetite, energy, sleep, skin, bowel or bladder habits, mobility, or mental status.
- Follow any instructions you were given for checking blood pressure, blood sugar, weight, temperature, oxygen level, or other measurements.
- Record important readings when your care plan asks you to.

Stay Connected With Your Care Team

- Keep scheduled medical appointments and tell your home healthcare team about new orders or changes in treatment.
- Do not wait for the next routine visit if your symptoms are getting worse or you are unsure what to do.

Important: This handout is general education and does not replace your physician's orders, medication instructions, emergency plan, or individualized Plan of Care. Follow the instructions given specifically to you. For a medical emergency, call 911.