



Choosing the right General Practitioner

Finding the right doctor is a very important decision for everyone; however, the choice is perhaps even more important for those of us who have had a brain or spinal cord injury. In today's age fewer people have a family doctor, and even if they do they might not be experienced in the area relating to your injury. It is important that you find someone of which is both knowledgeable pertaining to the nature of your injuries and that you can also develop a good rapport with. You can ask for referrals from the medical staff you already know to start your search to find a proper doctor for you. It's a good idea to ask a lot of questions when considering a new doctor, plan ahead and write down your questions so you don't forget.

A starting point for your list of questions might be

- **Ask if the doctor is taking new patients**
- **Inquire about the doctors' office hours**
- **Inquire about availability in an emergency, or a back-up physician**
- **Ask about the average wait during appointments**
- **Ask the number of patients booked per hour**
- **How long per visit can the doctor spend with you?**
- **Ask about the doctors experience with people with your type of injuries**
- **Inquire if the doctor thinks that they are the right candidate to meet your needs and if not, could they refer you to someone else**

It is important to feel comfortable with your doctor. You want to have the feeling that they have enough time to handle your care properly. Remember that your doctor can't spend all day with you and at a moment's notice; however, a healthy balance must exist as to they do have to spend adequate time with you. It is critical to your rehab that your doctor is a good listener and wants to answer all of your questions. As a patient, you need to give as much truthful information to your doctor as possible in order for him/her to treat you to the best of their ability.

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