

What questions should I ask my hand surgeon?

The purpose of this list of questions is to:

- Act as a resource in asking relevant and important questions about your hand condition.
- Assist you to make an informed decision regarding your treatment.

Notes:

VOICES

HEALTH POLICY RESEARCH CENTER
VALUE IN ORTHOPAEDICS, INNOVATION AND CHOICES

Created and designed by the VOICES Health Policy Research Center at Stanford University. Developed with hand surgeons, hand therapists, and former hand surgery patients.

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QUESTIONS YOU CAN ASK YOUR HAND SURGEON



DIAGNOSIS

- What are the possible diagnoses for my symptoms?
- What is the most likely diagnosis?
- Are there tests that can help confirm the diagnosis?
- Are there things that might make my diagnosis worse or spread to other areas?
- What caused me to get this diagnosis?
- Is my diagnosis common or uncommon?



Notes:

TREATMENT OPTIONS

- Do I need to treat my diagnosis?
- What are my treatment options?
- What are their expected benefits?
- What are their risks?
- Who can I talk to about the costs of the treatment options?
- If hand therapy is a treatment option:
 - How many visits will I need?
 - Will I need a splint or cast?
 - Will therapy help me avoid surgery?
- If surgery is a treatment option:
 - What does the surgery involve?
 - What type of anesthesia will I need for my surgery?
 - Can I go home the same day?
 - What will recovery be like?
 - How much pain will I have?
 - Will I need a splint or cast?
 - Will I need hand therapy after?
 - What restrictions will I have?
 - When can I return to work?

Notes:

OUTCOMES

- What will happen if I do nothing to treat my diagnosis?
- What are the goals or expected outcomes of each treatment option?
- How long before I feel better?
- How will my hand work after treatment?
- What can I do to improve my outcome after treatment?
- What future problems might I have because of my diagnosis?
- Could my diagnosis come back?
- Are there tests I will need in the future related to my diagnosis?

SUPPORT

- Are there services (therapy, financial assistance) available for my diagnosis?
- Are there informational materials available about my diagnosis?
- How do I reach you or your staff if I have a question or concern?

Notes:
