

Step 2: Sketch out how often the patient may require appointments, testing, or other medical care over the

next 12 months based on his or her conditions.

Month	Primary Care Appointments	Specialty Care Appointments	Tests (Blood Work, Imaging)	Other
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				

Helpful hint: Once a potential treatment plan has been sketched out, the patient can plan for everything related to going to these appointments. They can also use their insurance information to estimate costs. If they foresee

any problems, they can discuss them with you in advance and also consult any resources for help you have provided. (See ACP Resources documents.)

Step 3: It is hard to plan for emergency care. If possible, discuss with the patient if any of his or her conditions can

lead to acute exacerbations or symptoms that require emergency care.

Diagnosis	Possible Exacerbations	Average Frequency of Exacerbations	Symptoms to Watch Out For

Helpful hint: It is time-saving and helpful to use this planning tool when educating the patient about his or

her conditions, including action plans for potential emergency care.