

# Discussion guide:

## Talking with your doctor

Since your last visit to the doctor, you and your child may have new questions or concerns about their growth hormone deficiency (GHD) journey. Sometimes you may forget to ask a question before leaving the doctor's office. This guide can help make sure you get the answers you need.

**You can never be too prepared!** Before heading to your child's appointment, review the questions you want to ask. During your doctor appointment, you can refer back to this guide to check off your questions.

### If you want to discuss your child's progress...

Here are some questions you may want to ask your care team.

**Don't see the right question here? Write in your own!**

1. How is my child responding to treatment?
2. How do you measure my child's progress over time?
3. Will my child need any additional tests during our visit today?
4. Is there a way to track my child's growth at home?
5. \_\_\_\_\_

**This is also a great time to talk about any confusion or uncertainty you have about GHD and your child's journey.** (Write your questions here.)

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### If you have concerns about your child's emotional well-being...

You may notice when your child is acting differently than normal. Talking with your care team about your child's emotional health is just as important as discussing their physical health. (Circle or fill in your answers.)

1. **Changes in your child's mood or energy:** Anxiety / Depression / Immaturity / Lack of energy
2. **Changes in your child's behavior:** Acting out / Acting younger than their age / Withdrawing
3. **Changes in your child's social life:** Issues with friends / Teasing / Bullying
4. **Other concerns:** \_\_\_\_\_

## What is your treatment routine like? (Circle or fill in your answers.)

1. Your current growth hormone (GH) brand: \_\_\_\_\_
2. How many years has your child been on GH treatment? \_\_\_\_\_
3. Who administers injections? Parent or Child
4. When are injections given? Morning / Afternoon / Night
5. Do you ever skip or miss injections? Yes or No

## If you have questions or concerns about your current treatment...

It can be helpful to talk with your care team about any difficulties you have with treatment. What is your biggest challenge when it comes to daily injections? **Our biggest treatment challenge is:**

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**Remember:** This can be anything from injection discomfort, device issues, interruptions, emotional burden, interference with daily activities, and more. You may also have more than one challenge to address at once.

### Here are some additional topics you may want to discuss with your doctor:

1. What are some ways or resources to help overcome this challenge?
2. My child wants to go to summer camp/a sleepover/on vacation. How can we make sure we stay on track with injections?
3. What happens if we miss a night of treatment?
4. What is the right age to begin self-injections?
5. \_\_\_\_\_

## If you have questions about continuing treatment...

Everyone's GHD journey is different. When it comes to questions about continuing treatment, your doctor will be the best resource to turn to for answers.

1. How long will my child be on GHD treatment?
2. What happens when my child reaches their height goals?
3. Will puberty affect my child's GHD treatment?
4. Are there other GHD options that may help address our concerns?
5. \_\_\_\_\_

## If you have any additional questions or notes...

Make sure to check in with your child. Do they have anything to ask their doctor? (Write their question[s] here.)

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