



YOUR HEALTHCARE TEAM

1. General information

- **Your healthcare team.** Pages 14-25 in: *Managing your health: a guide for living with HIV.* (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>
Your healthcare professionals. Putting together your healthcare team. Building a healthy relationship with your doctor.
- **Getting the most: a guide to healthcare and support.** (Terrence Higgins Trust.) 2005. <http://www.tht.org.uk/informationresources/publications/livingwithhivgeneral/gettinghemost592.pdf>
This booklet explains the role of General Practitioners, practice nurses and also dental services in meeting the health needs of people with HIV. Together with advice about how to register and get treatment it will illustrate what people need to do for themselves to get the best possible services.
- **Keeping track of your health.** Pages 15-18 in: *Healthy living manual.* (BCPWA). 2008. http://www.bcpwa.org/articles/Manual08_Webversion.pdf

2. Choosing an HIV doctor

- **Choosing an HIV care provider.** (AIDS InfoNet). 2009. http://www.aidsinfonet.org/uploaded/factsheets/30_eng_202.pdf
- **You and your doctor: how to choose or evaluate your medical doctor.** (AIDS Committee of Toronto). 2009. [http://www.actoronto.org/home.nsf/pages/choosedoctor/\\$file/You%20and%20your%20Odoctor.pdf](http://www.actoronto.org/home.nsf/pages/choosedoctor/$file/You%20and%20your%20Odoctor.pdf)
This pamphlet divides up the process of choosing a doctor into three stages: Preparation, Interviews and The Decision.
- **Seeing an HIV doctor.** (AIDS Info). 2008. http://aidsinfo.nih.gov/contentfiles/SeeingHIVDoctor_FS_en.pdf

3. Building a relationship with your doctor

- **Building a cooperative doctor / patient relationship.** (Project Inform). 2007. <http://www.projectinform.org/info/patient/patient.pdf>
- (video) **Working with your doctor (for women).** (POZ). <http://www.podcasthealth.com/pchTV.aspx?movieVar=0>
INSTRUCTIONS: Click on "Women & HIV" tab at top of screen, press play.
- **Working together – doctors and patients.** (BCPWA). 2000. Pages 9-10 from <http://library.catie.ca/PDF/P12/18232.pdf>

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Please note that this information was current as of August 2009, but has not been updated.

- **Patients are from Venus, Doctors are from Mars: How to build a healthy relationship with your doctor.** (Positive Side, Volume 6 Issue 1). Spring/Summer 2002. <http://www.positiveside.ca/e/V6I1/pdf/whatupdoc.pdf>
- **Medical appointments.** (AIDS InfoNet). 2009. http://www.aidsinfonet.org/uploaded/factsheets/31_eng_203.pdf
- **HIV Health Checklist.** (AIDS InfoNet). 2008. http://www.aidsinfonet.org/uploaded/factsheets/165_eng_209.pdf
- **The Pharmacist List: 7 reasons to get to know the person behind the counter.** (Positive Side, Volume 7 Issue 1). Spring/Summer 2005. http://www.positiveside.ca/e/V7I1/pdf/ps_v7i1_pharmacist.pdf
- **Notes for visit to doctor.** Page 320 in: Managing your health: a guide for living with HIV. (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>

4. Hospital

- Hospital stays. Pages 180-189 in: Managing your health: a guide for living with HIV. (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>
The hospital environment. Preparing to go to the hospital. Being admitted. Communication is the key. Going home. Instead of going to a hospital.

5. Rehabilitation

- **HIV and rehabilitation.** Pages 190-205 in: Managing your health: a guide for living with HIV. (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>