

How to Communicate Your Symptoms?

Clear communication with healthcare provider leads to better care. Whether speaking with doctors, nurses, or caregivers - this guide helps you prepare for effective description of what you're experiencing

★ The STARS Strategy ★

Use this proven framework to describe your symptoms clearly and completely.

Always **LEAD WITH YOUR MAIN SYMPTOM** -



Specific Location

Point to or describe the exact area where you feel pain or discomfort. Be as precise as possible.



Treatment Tried

Mention medications, heat, ice, or other remedies you've already attempted and their effects if any.



Associated Symptoms

Note other symptoms that occur alongside your main concern, like nausea, fatigue, or dizziness.



Relief Factors

Describe what helps ease your symptoms - rest, movement, position changes, or specific activities.



Severity Level

Rate your pain or discomfort on a scale of 1-10, and describe how it impacts your daily activities.

Communication Best Practices



Stay Respectful

Positive attitude improves communication



Repeat When Needed

Be ready to say symptoms again



Bring Notes

Use written notes to cover everything



Ask Questions

Speak up until you understand



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NEW YORK CITY