



### **Knowledge is Power-Questions**

- 1.) What tools have helped you advocate while searching for your diagnosis? (journaling, health apps, symptom tracking/trackers)**
- 2.) What practical resources have helped you manage the costs of care?**
- 3.) What strategies can you share that have helped you express your concerns (symptoms, pain, treatment recommendations, etc), more effectively in appointments?**
- 4.) What role does continuous learning play in managing your chronic pain?**
- 5.) What tools help you manage multiple healthcare professionals? (binders, apps, shared medical records)**
- 6.) What has helped you the most as a chronic pain patient stay informed? (webinars, workshops, patient portals, reputable websites, peer support)**
- 7.) How do you stay organized with appointments, treatments, and all the day to day of living with chronic pain and illness?**
- 8.) What coping strategies have you used when stigma comes from people closest to you?**
- 9.) What tools do you utilize to make accessing care more accessible and where do you find these resources? ( telehealth, transportation systems, community resources)**
- 10.) What are some of the reliable resources you found to keep up on the latest pain research?**

- 11.) What resources are you seeking while being undiagnosed? (research, second opinions, clinical trials, peer support)**
- 12.) What tips can you share that has made coordinating care more manageable?**
- 13.) What has been most helpful to you in keeping track of multiple conditions and symptoms?**
- 14.) How has ongoing patient education helped you build confidence in making health decisions?**
- 15.) What tools help you prepare for appointments? ( apps, written logs, voice memos, lists)**
- 16.) When resources are limited, what has helped you prioritize treatments? 17.) What small steps can you take each day to feel more in control while waiting for answers?**
- 18.) How has peer support helped lessen the impact of stigma?**
- 19.) Where have been some safe ways to find reliable, research-based information about pain?**
- 20.) What tool or strategy or piece of knowledge has given you the most power in managing chronic pain?**
- 21.) How can education about lifestyle tools help you improve daily living? (gentle movement, pacing, self-care, hydration, nutrition)**
- 22.) How has technology improved or expanded access to care for you? Please share. (patient portals, telemedicine appointments)**
- 23.) In what ways has knowledge of medical terminology helped you feel more confident? (knowing terms in plain language)**
- 24.) What tools have helped you navigate financial obstacles?**
- 25.) How can learning the roles of all the different specialists help make care coordination easier?**

**26.) How has patient education helped you feel more confident and empowered along your pain journey?**

**27.) What communication strategies have helped you when you have felt dismissed or rushed?**

**28.) What knowledge have you gained from peer support and in feeling less isolated?**

**29.) What strategies help you reduce the stress of managing care of multiple diagnoses?**

**30.) What tips and strategies do you have to separate trustworthy research from misinformation online?**