

Getting Prepared For Your Initial Visit at a Veteran’s Health Administration (VHA) ALS Clinic

It is good to prepare ahead of time for your first visit at a VHA clinic. Here are a few questions you may want to ask during your first visit.

1. Can you tell me about your experience with ALS patients?
.....
.....

2. How often will I be expected to come to the clinic in person? Do you offer telehealth visits?
.....
.....

3. What tests will be used to measure and track the progression of my ALS?
.....
.....

4. How will you explore clinical trials and alternative treatments that may be appropriate for me?
.....
.....

5. What type of specialists should I expect to meet with during each visit?
.....
.....

6. How do you work with other specialists in the VAMC? Who makes the referral, you or my primary care provider?
.....
.....

7. Who should I request durable medical equipment through? When should I put in a request?
.....
.....

8. How open are you to designing my care plan based on what my personal values and goals are?
.....
.....

9. I understand that ALS progresses differently in each person, and you may not be able to tell me exactly what will happen to my body and when. However, it is important to me to feel prepared. Will you share what I can potentially expect to experience?
.....
.....

10. How do you communicate with patients and how often?
.....
.....

11. Does your clinic offer support groups for veterans with ALS?

.....
.....

12. What are common comorbidities that people with ALS experience? What can I do to mitigate them?

.....
.....

13. Are there any non-essential devices that could help me maintain or slow the progression of ALS?

.....
.....

14. Who will be my primary point of contact to facilitate support and appropriate services?

.....
.....

15. How do I get the care I need if my local VAMC/CBOC/Vet Center can't provide ALS specialty care?

.....
.....

16. How will my medical treatment and follow-up with my VA team be coordinated with other non-VA medical providers?

.....
.....

Write down other questions you have:

- 1.
- 2.
- 3.
- 4.
- 5.

Make a note of who will be on your care team and how you can contact them throughout your experience.

Provider Specialty	Name of Provider	Contact Information &
--------------------	------------------	-----------------------

		Preferred Method
Neurologist		
Primary Care Provider		
APRN/CNRRN/Nurse		
Palliative Care Specialist		
Hospice Care Team Member		
Home-based Primary Care Team Member		
Physiatrist		
Speech-Language Pathologist		
Physical Therapist		
Occupational Therapist		
Pharmacist		
Psychologist		
Dietician		
Pulmonologist		

Respiratory Therapist		
Social Worker		
Therapeutic Recreation Specialist		
Assistive Technology Specialist		
ALS Association Representative		
Chaplain		
Gastroenterologist		
Veteran benefits liaison		
Other		