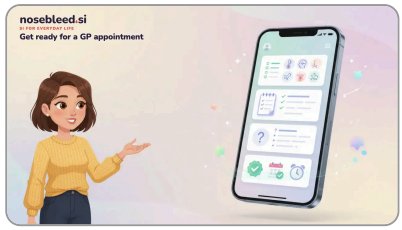
Get ready for a GP appointment



Use AI to turn your worries into short, clear notes and questions, so you remember everything on the day.

By the end, you'll be able to:

- describe a health problem clearly
- use AI to put your notes in order
- know what AI should and shouldn't do with health questions

Warm-up What makes a doctor's appointment hard?

Tick any that are true for you, then talk about it with your group.

☐ It feels rushed ☐ I forget what I meant to say ☐ I don't like to make a fuss ☐ I don't understand the words ☐ I forget what the doctor said

1 Describe it clearly

Pat has written some notes before seeing the GP. Read them.

PAT'S NOTES
Knee's been bad. Since around Christmas maybe? Worse on the stairs. Tried paracetamol, helps a bit. Also want to ask about my flu jab. And I keep waking up at night, not sure if that's the knee.

Fill in what Pat's notes tell you.

	Pat's notes say
What's the problem?	
Since when?	
What makes it better or worse?	
What has Pat tried?	

2 Ask AI to tidy it up

If you have a device, open an AI chat app and start a new chat. Type this prompt, followed by Pat's notes.

TRY THIS PROMPT

I have a 10-minute GP appointment. Please turn my notes into a short, clear list I can read out: my main problem first, then anything else. Then suggest three questions I could ask. Please don't tell me what you think is wrong. Here are my notes:

What's missing from Pat's notes that the doctor might ask? For example, which knee? Write two things.

3 What's AI for?

Tick whether each job is fine for AI, or one to leave to the doctor.

	Fine for AI	Leave to the doctor
Put your notes in a sensible order		
Tell you what's wrong with you		
Suggest questions to ask		
Decide whether you need an appointment		
Explain a medical word in plain English		
Tell you to stop taking a medicine		

4 Your top three

Appointments are short, so say the most important thing first. Write the three things Pat should say, in order.

> **No device?** In pairs, one of you reads Pat's notes aloud. The other puts them in order and says them back, most important first.

5 On the day

- Take your list, and a list of your medicines.
- Write down what the doctor says, or ask a friend or family member to come with you.
- Before you leave, ask: *"What should I do if it doesn't get better?"*

> **Urgent?** AI is for preparing, not emergencies. Call 999 (or your local emergency number) for chest pain, difficulty breathing or signs of a stroke.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/get-ready-for-a-gp-appointment**

Teacher notes: Get ready for a GP appointment

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Read Pat's notes and try the prompt yourself. Learners should practise with Pat's notes, not their own health worries. If anyone wants to prepare for their own appointment, suggest they do it privately at home.

Running order

5 min	**Warm-up.** Share what makes appointments hard. Most people forget something.
10 min	**Part 1.** Pairs fill in the table from Pat's notes.
15 min	**Parts 2 and 3.** Try the prompt, or read out an AI answer. Then sort the jobs.
15 min	**Part 4.** Pairs agree Pat's top three, or do the role-play.
5 min	**Wrap-up.** The tips in Part 5.

Answers: Part 1

Problem: knee pain (the notes don't say which knee).
Since: around Christmas.
Worse: on the stairs.
Tried: paracetamol, which helps a bit.

Answers: Part 3

Fine for AI: putting notes in order; suggesting questions; explaining words.
Leave to the doctor: what's wrong; whether you need an appointment; stopping a medicine.

Part 4: an example

1. "My left knee has hurt since around Christmas. It's worse on the stairs, and paracetamol only helps a bit."
2. "I keep waking in the night."
3. "Can I have my flu jab?"

Discussion points

- Useful details: which side, how bad (say, out of 10), and what it stops you doing.
- AI may suggest what's wrong even when asked not to. Ignore it, and let the doctor decide.

Safety notes

- Leave out names, dates of birth and NHS numbers when using AI.
- In the UK: 999 for emergencies; NHS 111 for urgent advice when it's not an emergency.

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