

Ginger Seybold offers Patient Support

I was drawn to Plymouth as a faith community because of its focus on service. After I retired and transitioned to Professor *Emeritus* at the University of Minnesota Medical School in January of 2016, I reflected on a service role in the Plymouth community that is a good fit of my skills and a need to be filled. I feel called to offer my help in **Patient Support**.



The need: It can be uncomfortable to experience the medical system alone. Within the stress of seeking medical help and the intensity of meeting with medical staff, it can be hard to recall all of the details that motivated you to make the appointment. During the appointment it can be difficult to track details about recommended therapies. When you leave the doctor's office you may be given several pages of information to help you review your medical appointment, but the language may be difficult to understand or may raise additional questions. For these reasons, your family, friends, and others (including AARP!) recommend having someone accompany you to medical appointments. I have fulfilled this role for members of my extended family and personal friends. Their gratitude compels me to provide this service to others.

The Role of a Patient Support Provider

- **Listener:** meet with you before an appointment to make sure I understand the reason for your appointment. At the appointment, I listen to make sure you report the information important to you and prompt you if needed.
- **Recorder:** take notes in the initial meeting with you and in the meeting with you and your medical provider. After the appointment, I provide a written summary for you and discuss it with you. The summary may be amended to include questions you would like addressed in a follow-up appointment.
- **Support:** help in defining medical terminology and understanding recommended treatment options.
- **Confidentiality**

Virginia (Ginger) Seybold was a professor in basic science departments of the University of Minnesota Medical School for 35 years. She holds a Ph.D. in Pharmacology. Her teaching and research are in Neuroscience with emphases in the neurobiology of pain, analgesia and drug addiction. She continues to consult in research.

Additional information about Ginger's research can be found at <https://neurosci.umn.edu/bio/department-of-neuroscience/virginia-seybold>

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