

Partnering For Action:

When you experience a change in your health, you suddenly find yourself working with new people. Shared decision-making is when there is a series of conversations between you and your care team. These conversations are based on evidence and all reasonable options, from doing nothing to exploring different tests, treatments, management and support.

If you would like to start having conversations that will lead to shared decision making between you and your health care providers, try asking the following series of questions. Take this form with you to your next appointment.

1. What is important for me to retain my quality of life?
2. Do I really need this test or procedure?
3. What are the risks?
4. Are there simpler, safer options?
5. What happens if I don't follow these suggested courses of action?
6. Do I have enough information to make an educated choice?

Yes: Put the best action into practice.

No: Get the necessary information and go back to the question

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