

Patient information

What is best for me?

Helping you decide your options with your doctor or nurse

We believe that you are the expert about you and your preferences, and that decisions about you are better made with you.

You and your doctor or nurse can reach healthcare choices together. These professionals will give you advice on the best medical option for you, and you can give your ideas of what choices you want to make.

To help you make these decisions, you are likely to have questions. You will want to understand the choices you have and to weigh up how the benefits would balance out any possible side effects.

This will take time. The team supporting you will be able to give you time and information. Do include your family and friends if that will help you. Remember, you have the right to ask to see your patient records if this helps.

✓ **Tips to get the most out of your visit**

Before your appointment:

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Write down your two or three key questions

☐

List or bring all your medicines and pills – including vitamins

☐

Write down your symptoms, including when they started and what makes them better or worse

During your appointment:

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Don't be afraid to ask if you don't understand. For example: 'Can you say that again please?'

☐

If you don't understand any words, ask for them to be written down and explained

☐

Write things down, or ask a family member or friend to take notes

Before you leave your appointment, check:

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You've covered everything on your list

☐

You understand, for example: 'can I just check I understood what you said?'

☐

You know what should happen next, and when - write it down

Questions you might want to ask at your appointment

Blood tests or scans

- What are the tests for?
- How and when will I get the results?
- Who do I contact if I don't get the results?

Treatment

- Are there other ways to treat my condition?
- Are there any side effects or risks? If so, what are they?
- How long will I need treatment for?
- How will I know if the treatment is working?

- What will happen if I don't have any treatment?
- Is there anything I should stop or avoid doing?
- Is there anything I can do to help myself?

What next?

- Do I need to come back and see you? If so when?
- Are there any useful contacts if I have any questions?
- Do you have any written information?
- Is there a support group or any other source of help?

For further information

Shared Decision Making: www.england.nhs.uk/ourwork/pe/sdm/

NHS Choices: www.nhs.uk/pages/home.aspx

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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