

Consultation Summary

(To complete during your appointment)

ASK...

1. **What are my options?**
2. **What are the possible benefits and harms of those options?**
3. **How likely are each of those benefits and harms to happen to me?**

SHARE...

What did I tell the health professional?
(E.g. lifestyle; preferences; personal & family medical history)

KNOW...

What do I do now?
(At the end of the consultation make a note of what you have decided to do)

Why Ask?

Reasons to Ask the Questions

Why ask

The more questions you ask the more information you will have about the options available.

Why share

The more you share, the more the health professional will be able to give you information that is important to you.

Why know

The more information you have, the better equipped you will be to make a decision that is right for you.

The more you ask and share, the more you will know.

ask
ask | share | know

Three questions

to ask *your* health professional

Ask more,
Share more,
Know more

ask
ask | share | know

CeMPED, Sydney University &
Family Planning NSW
www.askshareknow.com.au

askshareknow.com.au

Examples of when asking the questions can help you

Which contraception should I choose?

Are you someone who will diligently take a tablet every day at the same time? If not, then a progesterone-only pill most likely won't be best for you. What are your feelings about hormones? If you'd rather not have them, maybe an IUD is your best choice. What is your relationship status? What are your plans for having children down the road? All of these questions play into your decision.

Should I take antibiotics?

Firstly, it is important to know what other options you have besides taking the antibiotics. Knowing benefits (e.g. resolve problem quickly) and harms (e.g. have to take a tablet every day, antibiotic resistance) are also key in being able to make an informed decision. If you do not take the treatment, how long will it take for your condition to get better?

Should I have a PSA screening test?

Having a PSA test can seem like a good idea but actually it is a complex question with important pros and cons to consider. Understanding the chance that it will save your life, and knowing how likely it is to leave you impotent or incontinent are vital. You'll need to ask some questions to get all the information you need to make a choice that's right for you.

ask the 3 Questions:

1. What are my options?
(Including wait and watch)

2. What are the possible benefits and harms of those options?

3. How likely are each of those benefits and harms to happen to me?

ASK the questions
SHARE information
KNOW what is right for you

Everybody is different...

Even two people with the same problem might decide to tackle the problem in different ways.

What one person decides might depend upon:

- How likely I am to take a tablet every day
- What my experience has been (if any) with this approach in the past
- What my personal feelings are about taking this medication
- How the side-effects may affect my life
- Work situation and requirements
- Children and family
- Personal and family medical history

Share the information with your health professional.

Asking the 3 questions

Sharing information will help you

Know what decision is right for you