What else should I consider when it comes to questions?

- If you need to make a decision, ask how long you have to consider the options. This may give you time to find more information and talk it over with family or friends.
- Make sure you’ve heard the information correctly. Sometimes explaining it back to the health staff in your own words can help ensure you have understood the information.
- If you need more information, ask for it. There are many resources available to help you understand your options.
What if my questions are silly or embarrassing?

There are no silly or embarrassing questions. Health staff are used to answering questions that may feel personal or embarrassing in nature.

Should I write my questions down?

It is a good idea to come with your questions written down, as they can be hard to remember.

Sometimes there is a lot of information given in a short period of time. Take notes to help you remember the details of conversations with health staff.

Why is it important to ask questions in healthcare?

This is your body and your health. You are the person who needs to be comfortable with all tests, treatments and procedures that are performed as part of your care.

Questions ensure that you are fully informed and assist you to be a partner in your own healthcare.

Research also shows that understanding your healthcare improves the likelihood you will be happy with the outcome.

Questions may also increase your safety by reducing the chances of a misunderstanding.

Who should I ask?

Staff members who provide a clinical intervention such as an assessment, medication, program or treatment.

This may include people on your healthcare team such as doctors, nurses and allied health staff.

Ask your health professional BRAN about all tests, medications, treatments or procedures.