

## NHS RECOMMENDS ASK 3 QUESTIONS

**Ask 3 Questions** is helping patients become involved in their own healthcare decisions.\*

Normally there will be choices to make about your healthcare. For example, you may be asked:

- to decide whether or not you want to have treatment
- to choose between different types of treatment
- if you want to continue with the same treatment

**WHAT YOU CHOOSE TO DO SHOULD DEPEND ON WHAT IS IMPORTANT TO YOU**  
If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

### ASK 3 QUESTIONS

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

\* Ask 3 Questions is based on Shepherd HL, et al. *Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling*, 2011;84: 379-85.

## “WE WANT TO KNOW WHAT’S IMPORTANT TO YOU...”

The staff involved in your healthcare want to help you become more involved by giving you information about your options.

They want to understand what is important to you.

Giving you answers to these questions and knowing what’s important to you will help them to help you make the best decision about your healthcare.



*The 3 questions are a useful tool to help empower the patient in the consultation. They act as a catalyst for shared decision making by using the patient to guide the discussion to consider options, risks and benefits and then making a shared decision.”*

GP, Oldham

## “I ASKED 3 QUESTIONS...”

Here are some people who found it helpful to get the answers to the 3 Questions.



*Knowing the possible side-effects of the different medications I could take meant I could weigh up the pros and cons of each one, and knowing the risks meant I made the right decision.”*

Renal Patient



*Throughout my pregnancy I have used the 3 questions to find out the options available to me for my care. By finding out about each option, it really helped me decide what fitted best with my values and needs.”*

Maternity Patient

OTHER QUESTIONS I WOULD LIKE TO ASK DURING MY CONSULTATION:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Remember, you can bring someone else with you to your appointment, such as a relative, carer or friend.

## SHARED DECISION MAKING

Working with the Right Care Shared Decision Making programme to promote Shared Decision Making between patients and professionals.

### ASK 3 QUESTIONS

