

SHARED DECISION MAKING

Be active in decisions about your health care

Shared decision making is a process where you and your doctor (or health professional) make decisions about your health care together. The tools and aids below can help you be an active in decisions about your health care.

Preparing for a medical appointment – what should I ask?

You can prepare for your appointment by making a list of questions to ask. Print or email the list so that it is handy to take to your appointment. This will help you get more out of your appointment and help you to remember everything you want to ask.

<https://www.healthdirect.gov.au/question-builder>

5 questions to ask about a test, treatment or procedure

Some tests, treatments and procedures provide little benefit. And in some cases, they may even cause harm. Use these 5 questions to make sure you end up with the right amount of care — not too much and not too little.

<http://www.choosingwisely.org.au/resources/consumers/5-questions-to-ask-your-doctor>

Cancer – questions to ask your doctor

When cancer is diagnosed, you enter a partnership with your doctor and other health professionals. This guide gives suggestions about the questions to ask:

<https://www.cancer.org.au/about-cancer/after-a-diagnosis/questions-to-ask-your-doctor.html>

Patient decision aids for specific issues and problems

Decision aids are tools that can help you make an informed choice about your health care

Sore Throat	Patient decision aid – sore throat
Bronchitis	Patient decision aid – acute bronchitis
Ear infection (middle ear)	Patient decision aid – middle ear infection
Prostate cancer early detection	Patient decision aid – prostate cancer early detection
Osteoarthritis of the knee	Patient decision aid – osteoarthritis of the knee