

# Shared Decision Making



## Ask 3 Questions – Easy Read Guide

## Important words we use in this guide



**Healthcare** is help you get from professionals to keep healthy and get better when you are ill.



**The NHS** is the name of the doctors, hospitals and other health services that everyone in the country can use.



**Health Care Professional (HCP)** is someone like a doctor or a nurse, who can help with what is wrong and tries to help you get better.



**Shared Decision Making** means when you decide together with a HCP on the right healthcare for you.

## What is Ask 3 Questions?



**Ask 3 Questions** are questions you can ask HCPs whenever you need to get healthcare, to make sure '**shared decision making**' happens.



The questions give you control over the choices you make about your **healthcare**.



All parts of the NHS use these questions so choices about your healthcare happen in a '**shared decision making**' way.

## When might I need to make choices about my healthcare?



You will need to make choices about your healthcare when you think about:



- whether you need to go to a doctor's surgery, health centre or a hospital.



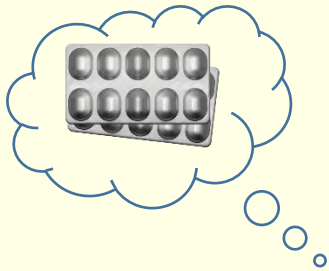
- what sort of help you want from the HCP.



- if you want to stop healthcare you already get, like medicine you might not need anymore.



The choices you make about your healthcare will depend on what matters to you.



For example, you might be thinking about getting a new medicine.



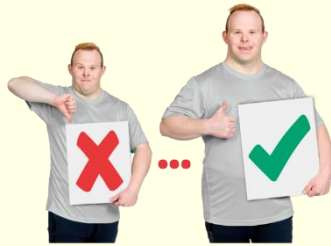
Before you get the new medicine you might want to know more about it.



Maybe if you take it, you won't be able to do things you enjoy.



Or it might make you more sleepy.



Or maybe those things do not matter to you, as long as you get better.



The important thing is that the HCPs you speak to know what matters to you.



Then you can choose what to do about the new medication together.



## What are the Ask 3 Questions?



### 1. What healthcare can I get from the NHS?



For example, if you had a headache, your doctor might say that you could:



Speak to a HCP about what else might be causing the headaches.



Get some medication from a pharmacy.



Have a scan at the hospital.



**2. Think about what is good and bad about each type of healthcare you might choose.**



For example, if you chose to take medication at home for your headache.



You would not have to worry about going to hospital now.



However, the medication might not work.



Then you might need to go to hospital anyway.



### 3. Who can I speak to help me make the best choice for me?



For example you may want to talk to :



Family members.



Friends you trust.



HCPs who know you well.

## How can Ask 3 Questions help you make a choice about your healthcare?



If you need to make a choice about your healthcare you might:



- talk about it with your family, friends or someone you trust.



- have lots of questions you want to ask



Some people might write down what they want to say to the HCP.

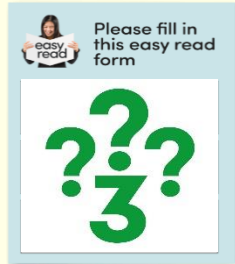


Or you could ask someone you trust to help you write it.



You can always bring someone you trust when you talk to a HCP about your healthcare.





We have made a form that helps you think about your answers to the 'Ask 3 Questions'.



There is also space for other things you might want to say about your healthcare.



You can share the form with a HCP when you have a chat about your healthcare.

## Ask 3 Questions form - To help me make choices about my healthcare

<p><b>What healthcare can I get?</b></p> 	<div></div> <p><b>Good things about this    Bad things about this</b></p>		<p><b>Who can help me choose?</b></p> 

**What healthcare can I get?**



**Good things about this**



**Bad things about this**

**Who can help me choose?**

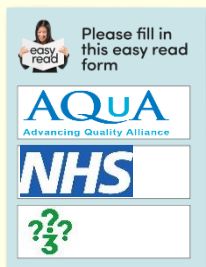


## Other things I would like to say when I speak to a HCP about my healthcare



You can write anything else you want to say about your healthcare here:

## About this guide and form



This guide is based on the Ask 3 Questions leaflet made by a part of the NHS called AQUA.



It was made by My Life My Choice together with Oxford University Hospitals.



If you need any help filling in this form, please speak to the Patient Experience Team at [patientexperience@ouh.nhs.uk](mailto:patientexperience@ouh.nhs.uk) or 01865 223206