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?

“We want to know what’s important to you...”

“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.”

Maternity 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.”

Renal Patient

*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, 2011:84:319-85.