



# YOUR ROLE IN TREATMENT PLAN & DECISION MAKING

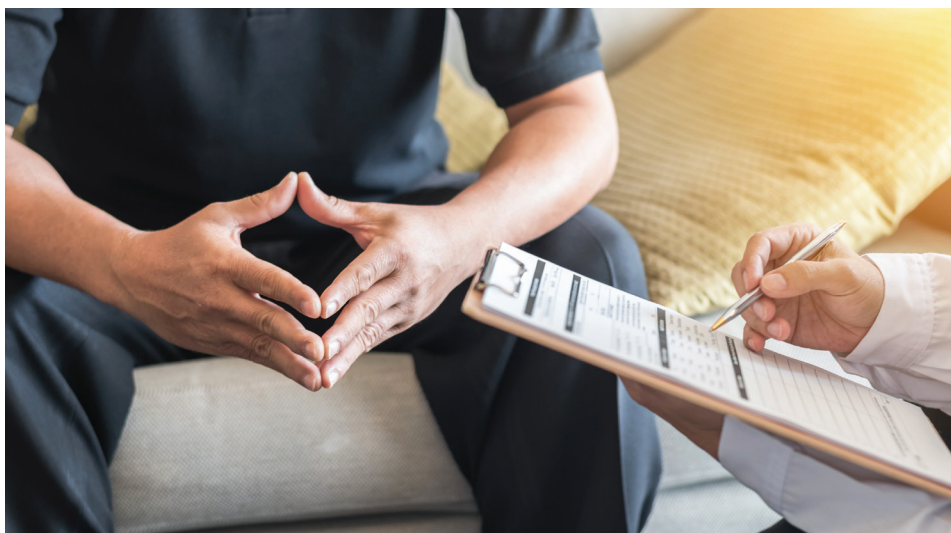


**Aster**  
**HOSPITAL**

We'll Treat You Well



Digital Version



**HOW PATIENTS CAN TAKE AN ACTIVE ROLE IN THEIR CARE AND SAFETY**

Participating in your own care has many advantages. Your doctor, nurse and other healthcare providers welcome your involvement. Below, find tips for you and your family to help us ensure your health and safety:

**1. BRING YOUR DOCTOR A LIST OF YOUR MEDICATIONS AND MENTION ANY ALLERGIES YOU HAVE.**

- This list should include all over-the-counter medications, home remedies, and herbal medications including tea, vitamins and weight gain or loss products such as shakes, pills or bars. Sometimes they can be dangerous when you take them with other medications.
- Know what medications you are taking, why you are taking them, and potential side effects. Let the doctor and nurse know of any allergies and type of reaction or side affects you have. Also be sure to ask questions about the medications you are prescribed during your appointment.

**2. BE INVOLVED IN YOUR CARE PROCESS**

- Share complete medical information or details to care team. Appropriate information sharing is an essential part of the provision of safe and effective care. You may be putting your health at risk if those who provide care do not have access to relevant, accurate and up-to-date information about you. We request you to bring your all past medical records e.g. investigation reports, prescriptions etc.
- If needed mental rehearsal and writing down of symptoms or health concerns that you want to tell the doctor.
- Take part in all decisions about your treatment – shared decision making
- Share any special care needs if you have any
- Whenever possible ask a trusted family member or friend to accompany you when you visit your doctor if you are too ill or stressed to participate yourself
- Remember you are the center of the healthcare team.

**3. ASK IF YOU HAVE ANY QUESTIONS OR CONCERNS.**

You have a right to question anyone who is involved with your care. To be sure you have all the information you need, it can help to write down questions which need to be asked.

**A. Ask About Your Symptoms or Diagnosis or Disease**

- What is the disease or condition?
- How serious is my disease or condition and how will it affect my home and work life?
- What is the short-term and long-term prognosis for my disease or condition?
- What caused the disease or condition?
- What symptoms should I watch for?
- How can I be tested for a disease or condition, and what will these tests tell me?
- What tests will be involved in diagnosing my disease or condition?
- How safe and accurate are the tests?
- When will I know the test’s results?
- Will I need more medical tests?
- Do I need a follow-up visit and if so, when?
- Do I need to take precautions to avoid infecting others?
- How is the disease or condition treated?

**B. Ask About Your Treatment Plan & Management**

- What are my treatment options?
- How long will the treatment take?
- What is the cost of the treatment?
- Which treatment is most common for my disease or condition?
- What side effects can I expect?
- What risks and benefits are associated with the treatment?

- What would happen if I didn’t have any treatment?
- What would happen if I delay my treatment?
- Is there anything I should avoid during treatment?
- Will my job or lifestyle be affected?
- What is my short-term and long-term prognosis?

**C. In case If You Have Been Advised Surgery Ask**

- Why do I need surgery?
- What surgical procedure are you recommending?
- Is there more than one way of performing this surgery?
- Are there alternatives to surgery?
- How much will surgery cost?
- What are the benefits & risk of having surgery?
- What if I don’t have this surgery?
- Where can I get a second opinion?
- What kind of anesthesia will I need?
- How long will it take me to recover?
- How long will I be in the hospital?

Write what is important for you

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PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

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