

Every time you speak with a doctor, nurse or pharmacist, use these 3 questions to better understand your health.

- 1** What is my health problem?
- 2** What do we need to do?
- 3** Why do we need to do this?

Everyone needs to ask questions to understand how to stay well or get better. Your doctor, nurse and pharmacist want you to ask questions.



Who can we call if I need help?

- My doctor
- My nurse
- My pharmacist
- HealthLink BC. Call 8-1-1 or visit www.HealthLinkBC.ca.

Before a visit –

- Write down questions and things you want to tell the doctor, nurse or pharmacist.**
For example, what in your body feels bad, when and where?

- Make and bring a list of your medications**
You can keep track of your medications using the Medication Card at www.bcpsqc.ca/public/ask.htm.

This worksheet is part of the *It's Good to Ask* program. The *It's Good to Ask* program includes tools and tips to help patients and their families understand their health condition and partner with members of their health care team. *It's Good to Ask* materials are available at www.bcpsqc.ca/public/ask.htm.



BC Patient Safety & Quality Council

Before I go home, I want to know information about –

1

My health problem:

2

What we need to do:

3

Why we need to do it:

If you still don't understand, don't feel bad. Say, "this is new to me, can you please explain again?"
Ask more questions if you need to.

it's good to **ask**



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