

Working with your healthcare team

You're the most important part.

Put yourself at the centre of your healthcare.



Here are a few resources you can use to take an active role in your health when working together with your healthcare team.

Tips for talking with your healthcare team

Including doctors, nurses, dentists, psychologists, pharmacists, physiotherapists, dieticians, and more.

Questions to Ask your Healthcare Team

If you don't understand what your healthcare team is telling you, let them know right away. Be open and honest. You could say:

- "This is new to me. Would you mind explaining it slowly, using language that is easier to understand?"
- "Can you show me a picture or model to help me understand?"

Medical terms can be technical and hard to understand. Ask for explanations and examples to ensure you fully understand them.

1. What do I need to know? Is there a current concern? If so, what is it?
2. What does this mean?
3. What are my next steps?
4. Why is it important for me to do this?

Before Your Visit:

- Write down how you feel, questions, symptoms, and concerns
 - Ask a family member or friend to go with you
 - List all your medications and dosage
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During Your Visit:

- Discuss what different treatment options could be
 - Ask for materials to learn more
 - Repeat back the instructions given to you
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After Your Visit:

- Follow up with appointments
- Call back if you have concerns. If you cannot reach your healthcare provider and need health advice or information, call Health Link 24/7 by dialing 811.

Symptom tracker

Describe what has changed recently.

- Do you have new or worse pain/discomfort?
- Are you unable to do things you could do two weeks ago?
- Have there been changes in your thinking, memory, or mood?
- Is your sleep different? Appetite? Bathroom habits?

1. What are you experiencing that feels bad, or different, or unusual?

2. When did it start?

3. How often does it happen?

4. If you have pain, describe it. Can you use an image or an example? Is it sharp, dull, shooting, or aching?

5. Is there anything you can no longer do or is difficult to do because of how you feel?

6. Is there anything that makes you feel worse or better?

Be open. Be honest. Get well.

You might feel like you don't want to bother your healthcare team with the little concern you've noticed after your treatment or after starting your new medication, **but no detail is too small to share.**

If it matters to you, it will matter to your healthcare team.

