



› Book a longer appointment with your GP

If you know you have a number of questions and/or concerns, ask the receptionist to book a longer appointment.

› Useful links for further information

Healthy WA

<http://healthywa.wa.gov.au/>

Health information for Western Australians from the Department of Health WA.

Department of Health – Chronic Conditions

health.gov.au/internet/main/publishing.nsf/Content/chronic-disease

Chronic condition information provided by the Australia Government.

My Health Record

myhealthrecord.gov.au

My Health Record is a secure online summary of your health information. You can control what goes into it, and who is allowed to access it. This is an initiative by the Australian Government.

At your appointment an interpreter or Aboriginal Health Liaison Officer may be requested. Please speak to reception.



Healthy People, Amazing Care Koorda Moort, Moorditj Kwabadek

We respectfully acknowledge the past and present traditional owners of this land, the Whadjuk people of the Noongar Nation.

This is an East Metropolitan Health Service initiative focused on promoting high value healthcare.



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Questions to ask your Health Professional when you are managing a chronic condition



This brochure is provided to guide you through some questions you may want to ask your health professional, which may help you make the right decisions about the long term management of your condition.

Understanding your condition

By better understanding your condition you can feel more confident about your treatment now and into the future.

› **What is/are my condition(s) and what does that mean for me?**



› **What is the purpose of today's appointment?**

› **Where can I find out more information?**

Impact of your condition

Being aware of the possible complications and long term course of your condition can make you better equipped to understand what is happening and why.

› **What complications might happen as a result of my condition?**

› **Is there anything I can do to help prevent this from happening?**

› **What is the likely long term course of my condition?**



Treatment required

Treatments, such as medicines, and procedures may help to improve your condition. It is important that you understand the purpose of the treatment or procedure so that you can make an informed decision about whether you feel comfortable with the recommendation.

› **What are my treatment options?**

› **What are the possible benefits and side effects of treatment?**

› **What could happen if I don't do anything?**

Staying healthy

It is important to consider with your health professionals all options available to you. Often lifestyle changes, such as eating healthier or exercising may help alongside other treatments.

› **What else can I do to stay healthy?**

› **Can we discuss setting some goals for staying healthy?**

Shared care

Shared care means that your GP works with you and other health professionals to ensure you have the best treatment plan to meet all of your health care needs.

› **Do I need to see another health professional to help me manage my condition?**

› **Would I benefit from a GP Management plan and/or Team Care Arrangement?**

› **How will information be shared between my health care team?**

Tips

› **Remember to Ask!**

We encourage you to ask questions at your appointment about what matters most to you and share in the decisions about your healthcare.



For many conditions there are societies or support groups available to help you manage your condition, so remember to ask!

› **Write down a list of questions before your appointment**

List and prioritise your concerns before your appointment.



› **Bring a friend, family member or carer**

They can help you understand the information and take notes during the visit.

› **Be involved in your care**

Taking an active role in your healthcare decision-making is important. Listen carefully and if at any time you don't understand what is being said, ask your doctor to repeat or explain the information in another way.