

# Talking to Your Health Care Provider

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Aim to be collaborative partners. Both you and your health care provider want what is best for you. Be confident about what you want. Share what you know and ask your care provider to fill in the blanks and provide the background for their suggestions. Don't be afraid to point out when your knowledge differs from their suggestions and recommendations.

## 1. Explain what you want:

I'm hoping that it's possible to...

Is there any reason we cannot ...

What would it take for me to be able to...

## 2. Explain why you want it:

I lean toward \_\_\_\_\_ treatments and believe \_\_\_\_\_.

I am hoping to achieve \_\_\_\_\_ because of \_\_\_\_\_.

I strongly value \_\_\_\_\_ because my background is \_\_\_\_\_.

I'm most comfortable making decisions when \_\_\_\_\_.

My best sources of information come from \_\_\_\_\_.

## 3. Listen carefully to your health care provider's recommendations:

Active listening with an open mind and heart allows you to see the reason and reasoning behind your care provider's suggestions. It also sets the expectation for the kind of listening you expect in return.

## 4. Clarify for understanding:

Could you tell me more about this? - *Make sure you understand what the problem is.*

Is this a routine recommendation or is this a specific recommendation for me and my situation?

Are there other things I could do? *Is this the only solution or are there other choices?*

What happens if I wait? - *Lets you know how quickly you must decide.*

What are the risks of doing nothing? *Helps determine how serious the problem is.*

What is the likelihood of that happening?

## 5. Make a decision

### Always Use Your BRAIN!

Benefits

Risks

Alternatives

Intuition

Nothing