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
healthywa.wa.gov.au
Health information for Western Australians from the Department of Health WA.

Department of Health – Chronic Conditions
Chronic condition information provided by the Australian 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 can be requested. Please speak to the receptionist to arrange this if required.

Healthy People, Amazing Care
Koorda Moort, Moorditj Kwabadek
We respectfully acknowledge the past and present traditional owners of this land, the Wadjuk people of the Noongar Nation.

Ensuring Essential Healthcare is an East Metropolitan Health Service (EMHS) initiative focused on promoting high value healthcare.

Content developed by Armadale Kalamunda Group, Building Collaborative Care with Community Services project and EMHS, Ensuring Essential Healthcare project. This activity is supported by funding from the Australian Government under the PHN Program.

This document can be made available in alternative formats on request.

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These questions are provided to guide you on what to ask your health professional. They may help you make the right decision on 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 in 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 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 problem. It is important that you understand the purpose of your 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 discuss 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
  Playing 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.