



## **LEARNING ABOUT YOUR HEALTH: Health Education Fact Sheet for Clients**

**Learning about your health with your health-care team.**

- Be involved in making decisions about your health.
- Talk with your health-care provider in an open and honest way.
- Ask for health information from your health-care team.
- Ask your health-care team to explain anything you do not understand.
- Ensure you are prepared to safely care for yourself .

**Before going to visit your health care provider, here are a few tips:**

- Write down what you want to learn or ask at the health-care visit.
- Make a list of all your drugs including vitamins and herbal medicine.
  - Include those which need a prescription and those which don't.
  - Ask your pharmacist to print you a list.
- Make a list of key events and illnesses related to your health.
- Take these lists with you to your health-care visit.
- Ask a family member or a support person to come with you to listen and take notes.
- Ask for help in completing forms if needed.
- Tell your health-care provider if you have special needs.

### During your visit, share your ideas and ask:

- What is my health problem?
- What do I need to do?
- Why do I need to do this?
- How will this affect my everyday activities?
- Ask (your health-care team) to repeat information you do not understand. Ask them to explain in easy to understand, plain language.
- Take notes (or bring a friend to take notes), double check to see if you understand information correctly and feel prepared to look after yourself.

### Before you leave:

- If you do not understand, ask for example: “This is all new to me, can you explain this to me in a simpler manner?” or “can you show me a picture?”
- Ask how to get more information once you are home.
- Ask for resources and websites where you can learn more.
- Ask who to contact if you have further questions and how to contact them.
- Ask who to follow-up with.
- Ask if a follow-up visit is needed.

The intent of this fact sheet is to get you involved in making key decisions affecting your health. For more information on how your health-care team can facilitate your learning, please visit our website at [www.RNAO.ca/bpg](http://www.RNAO.ca/bpg) to download the best practice guideline, “*Facilitating Client Centred Learning*”.