

# Why Ask?

## Reasons to Ask the Questions

### Why ask

The more questions you **ask** the more you will learn about the options there are.

### Why share

The more you **share**, about what is important to you, the more health professionals can give you useful information.

### Why know

The more you learn, the more you will **know** to make a decision that is right for you.

The more you **ask** and **share**, the more you will **know**.

The Ask Share Know questions come from consumers and health experts. The Patient First Program (WA) and authors of a health consumer advice book, Smart Health Choices published in 2008. Read more about the questions, from the University of Sydney researchers by visiting the website below.

[askshareknow.org.au](http://askshareknow.org.au)

## Consultation Summary

(To complete during your appointment)

### ASK...

1. **What are my options?**  
(including wait and watch)
2. **What are the possible benefits and harms of those options?**
3. **How likely are each of those benefits and harms to happen to me?**

### SHARE...

**What did I tell the health professional?**  
(E.g. lifestyle; preferences; personal & family medical history)

### KNOW...

**What do I do now?**  
(At the end of the consultation make a note of what you have decided to do)



**AskShareKnow**

Three questions to ask your  
health professional

**Ask** more,  
**Share** more,  
**Know** more

## Examples of when the Ask Share Know questions can help

### Should I take antibiotics?

It is important to know about other options? Do you know the pros (benefits) of taking antibiotics? They may solve the problem quickly. Do you know the cons (harms)? Taking a pill each day and lower antibiotic resistance. If you don't take antibiotics, how long will it take to get better? This information will help you make an informed choice.

### Should I have a PSA screening test?

Having a Prostate-specific antigen (PSA) test can seem like a good idea. But it is a complex question with important pros and cons to think about. How likely is it to save your life? If you have treatment how likely are you to become impotent or incontinent? You'll need to ask questions to learn more. Then you can make a choice that's right for you.

### Which contraception should I choose?

Can you remember to take a pill at the same time every day? If not, then a progesterone-only pill is not likely to be best for you. What do you think about taking hormones? If you prefer not to take a pill with hormones maybe an IUD is a better choice for you? Do you want to have children in the future? Answers to these questions help you to make the right choice for you.

# Ask these questions:

1. What are my options?  
(including wait and watch)
2. What are the possible benefits and harms of those options?
3. How likely are each of those benefits and harms to happen to me?

**ASK** the questions  
**SHARE** information  
**KNOW** what is right for you

*Everybody is different...*

Even two people with the same problem might choose to do different things.

What you decide might depend upon:

- If you have tried a medicine or treatment like this before
- If you have had a test like this before
- If you are ok with taking a pill or tablet every day
- How you feel about taking this medicine
- How side-effects may make you feel
- Your medical history
- The work that you do and your daily schedule
- If you care for children or family
- What you want to do

Share this information with your health professional.

**Asking** the 3 questions  
**Sharing** information will help you  
**Know** what decision is right for you