

Your notes:

1. What do I need to know now...

2. What do I need to do next...

3. What can I expect... How will this help me...

Get involved as a patient partner

When people become involved in the design, delivery or evaluation of health services, it makes a positive difference. Ask your healthcare provider how you can get involved locally or find out more through:

Patients for Patient
Safety Ireland
www.patientsforpatientsafety.ie



National Patient Forum
www.hse.ie/eng/about/who/national-services/partnering-with-patients/national-patient-forum/



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Your health, your voice

How can I play a more active role in my own care?



Listen to a recording
of the leaflet.



Introduction

When using health services, your experience can be made safer when you understand:

1. What do I need to know now?
2. What do I need to do next?
3. What can I expect?

It can help to bring someone with you to appointments. It is sometimes useful to have a second person listening to detailed information. It can also help to write down your questions before your appointment.

- **Ask questions**
- **Listen to advice from your healthcare professional**
- **Repeat back what you understand**
- **Ask for help if you do not understand**

1. What do I need to know now?

1

Ask
What do I need to know now?

Use the A-Z of health conditions

We want you to understand every part of your healthcare experience. If you are unclear about anything, it is important to ask us questions. Being well informed about your healthcare means you get the most out of healthcare advice.

People often use the internet to help with health information. Always use a trusted source such as the HSE Health A-Z of health conditions and medicines. The most relevant advice for you comes from your healthcare professional or team. If your condition is not listed, please ask us.



Scan the QR code or use the link www2.hse.ie/conditions/ to access the Health A-Z

2. What do I need to do next?

2

Ask
What do I need to do next?

Share what matters to you.



The next step is to find out what you need to do next. This will help you to do things like:

- understand what to do to stay as healthy as possible,
- understand what is happening and your choices, and
- make any necessary decisions.

Please share, what matters to you. This means we can develop a care plan to suit your needs where possible. Remember, your healthcare professional is there to help you.

3. What can I expect? How will this help me?

3

Ask
What can I expect?
How will this help me?

Make a 'My Medicines List'

You can now ask "What can I expect?" or "How will this help me get the most from my healthcare experience and improve the quality of my life?"

If you are taking medicine, it is helpful to have an up-to-date written or printed list or photo of your medicines. Bring this with you when attending any healthcare appointment. Your healthcare provider may not always have this information.



Scan the QR code or use the link www.safermeds.ie to help you make a 'My Medicines List' and to find out more