

Steps to Making Informed Healthcare Decisions



Know Your Rights!

You have a legal right to:

- Receive safe and proper care.
- Give or refuse consent for any procedure, for any reason.
- Have a medical professional clearly explain health problems and treatments to you.
- Participate in health care decisions.
- Ask questions and express concerns.
- Request a second opinion (within reason).
- Be assured that personal information is confidential.
- Request to access your health information records.
- Request the transfer of your health records to another medical professional (may be a fee attached)

(Health Care Consent Act, 1996; Long Term Care Act, 1994; Mental Health Act, 1990)

Ask your healthcare practitioner to provide copies of any relevant Cochrane Reviews.

Ask your healthcare practitioner to provide copies of any relevant Clinical Practice Guidelines (from all applicable medical groups, compare provinces, etc.)

Keep in mind the following evidence levels and grading scores:

- Level I: At least 1 Randomized Controlled Trial with proper randomization
- Level II.1: Well designed cohort or case-control study
- Level II.2: Time series comparisons or dramatic results from uncontrolled studies
- Level III: Expert Opinions

- Grade A: High, further research is very unlikely to change the confidence in the estimate of effects.
- Grade B: Moderate, Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate.
- Grade C: Low, further research is very likely to have an important impact on our confidence in the estimate of effect and is likely to change the estimate.
- Grade D: Very Low, any estimate of effect is very uncertain.

Request to know your risks in absolute values, not relative risks.

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Use the BRAIN Tool:

- What are the **B**enefits of the test/procedure?

- What are the **R**isks?

- Are there any **A**lternatives?

- What is my **I**ntuition telling me to do?

- What if I do **N**othing (for 2 hours, 2 days, 2 months, 2 years etc)?

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