

Healthwatch is your health and social care champion. If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We also help people to find reliable and trustworthy information and advice.

BRAINS Healthwatch **W**arwickshire

Benefits - What are they?

Risks – What are they?

Alternatives – Are there any other options to consider?

Instinct - What does my instinct tell me?

Nothing - What about if we do nothing?

Stop & think. Do I need more time? Do I need more information or for the information presented in a different way to make an informed decision?

Other useful question to ask could be

Has the health care professional read my medical notes and are they aware of any other medical conditions?

Who do I contact if I need more information or to ask questions?

Getting the most out of a medical appointment

It is not always easy to know what to ask during a medical appointment, or how to get the most out of your time with a health care professional. One decision making tool you may have come across is the BRAN / BRAINS acronym.

Healthwatch Warwickshire has created

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When being offered a treatment or considering a medical decision, spell out the word BRAINS to gather information to make an informed decision.

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