

MAKING MEDICAL DECISIONS

from preconception through parenting

B.R.A.I.N.E.D.

IS THIS MEDICALLY NECESSARY?



1 BENEFITS

Ask for the benefits. Consider the benefits versus risks.



2 RISKS

Discuss risks of doing and not doing tests, treatment, or procedure.



3 ALTERNATIVES

Explore all possible options, and the risks and benefits of each.



4 INTUITION

What is your gut feeling telling you? The cultural beliefs, values, and experiences you have impact medical decisions.



5 NO, OR NOT RIGHT NOW

Ask, what if you wait, or do not consent. You have the right to informed refusal.



6 EXPLAIN

Ask for clarification at this time. Ask for privacy to make decisions,



7 DECIDE

It is your right to be an active participant in your care, to be the ultimate decision maker. Through shared decision-making you can make the best decision for you and your family.

