

My Health Questions Pocket Card



Health

South Eastern Sydney
Local Health District

Questions I can ask about my Physical Health

How often do I need a physical health check-up?

How can I get measures of my cholesterol, blood pressure, glucose, waist circumference and weight?

Should I get the flu injection or other immunisations?

Do I have any health problems to be concerned about? Am I at risk of developing health problems?

What can I do to be healthier?

Acknowledgements

MHCA (Victoria)
'Questions you may wish to discuss with your mental health practitioner- Checklist for Consumers'

PRA 'My Health Questions' Back on Track Health Project.

Medical Test Questions

What does the test involve?

What will I know after the test is done?

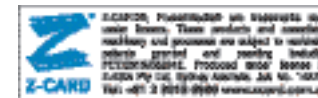
How long will it take to get the results?

How do I find out the results?

What do I do to get ready for the test?

Are there any dangers of side effects with the test?

My Questions and Answers



Interpreter Services

Professional interpreters are available if you need help understanding or speaking English.

Interpreter services are free and confidential.

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Health Queensland

Symptoms and Diagnosis Questions

What is my diagnosis?

Why do you think I have this illness/condition?

I think my symptoms are caused by...

What else might be causing them?

What can I do to deal with this problem?

Will I recover? When?



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Treatment Questions

What are the aims of my care and treatment?

How soon should the treatment start? And how long will it last?

Are there other treatments available and what are they?

How much will the treatment cost?

What will happen if I refuse treatment?

Who can speak to my family/carer about my treatment?

My Health Provider Details

Mental Health Worker:

Psychiatrist:

GP:

My Health Questions Card

Your physical health and mental health are important so it's good to ask questions. These are questions that you could consider asking. You may not want to ask all of these questions. You may prefer to select a few you would like to discuss.

Medication Questions

What is the medication for? Why have you chosen this medication?

Is this medication absolutely necessary?

What will the medication do and how long will it take to work?

How long will I need to take the medication for?

Are the doses for my treatment negotiable?

What will happen if I stop taking the medication?

Medication Questions

What are the side effects and how can I manage them?

When should I take the medication?

What should I do if I miss a dose?

What happens if I take too much?

Are there foods, vitamins, drugs or activities that I should avoid whilst taking the medication?

Ask your Pharmacist

How much will it cost, is the medication on the PBS?

Is there a generic brand available of this medication at a lower price?

**NSW Mental Health
Triage Line
1800 011 511 (24 hours)**

**Health Direct Australia
1800 022 222 (24 hours)**

This pocket card was an initiative of the
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