



Decision Aid

We want you to be involved in any decisions we make regarding your care and treatment. We will always seek to provide you with full information on any diagnosis, treatment, therapy or medication.

We will offer you a choice of treatment, therapy or medication and allow you to ask about any possible side effects.

In your appointment you may wish to consider the following four questions:

- **Benefits** – what are the benefits of any treatment, therapy or medication suggested?
- **Risks** – are there any risks? Any things I need to be aware of?
- **Alternatives** – what other options are there. This may include looking after my own health better or different choices in treatment, therapy or medication.
- **Nothing** – what if I do nothing? What will happen to my condition?

Think **BRAN** please discuss these options fully during your consultation.

You have a right to further information. Just ask.

Our PALS (Patient Advice and Liaison Service) Customer relations team are available from 8am to 8pm Mondays to Fridays. They can offer information, send you a leaflet, discuss support groups and help with signposting to other agencies. They can also liaise with your team if you need more support. **Telephone: 0800 953 0045** **Email: pals@bsmhft.nhs.uk**