STEPS FOR BETTER COMMUNICATION TO PREVENT PAIN

Partnering with your Healthcare Professional to Prevent Pain: Information for Patients

PREPARE
Write down specific questions which are worrying you with the most important at the top of your list.

ASK
Ask questions and make sure you understand the answers.

REPEAT
Repeat what has been told to you in your own words so that you can check that you have understood correctly.

TAKE ACTION
Take action on what you need to do next.