

Questions to ask a health professional

Keeping it short

Short questions that have been shown to improve the quality of information that doctors provide about treatment options:

1. What are my options?
2. What are the possible benefits and harms of those options?
3. How likely are each of those benefits and harms to happen to me?
4. What will happen if I do nothing?

Choosing Wisely

Questions recommended by the Choosing Wisely organisation in Australia, to help avoid unnecessary tests and treatments:

1. Do I really need this test, treatment or procedure?
2. What are the risks?
3. Are there simpler, safer options?
4. What happens if I don't do anything?
5. What are the costs?

QUESTIONS WE CAN ALL ASK

To learn more about overdiagnosis, or to access the 5 Choosing Wisely questions in 10 different languages, visit the Wiser Healthcare website.



Informed by Shepherd H, et al Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling. 2011;84:379-385; Choosing Wisely <http://www.choosingwisely.org.au/resources/consumers/5-questions-to-ask-your-doctor>. Questions specifically related to overdiagnosis are currently in development.

Disclaimer This fact sheet is not medical advice. | Produced by Wiser Healthcare, NHMRC funded Research Collaboration.