Tips for Talking to Your Health Care Team:

1. **Know the names of the people who come to talk to you**. Different members of your care team focus on different things, so it is good to know who said what about your plan of care. It helps to write down names and discussions.

2. **Write down your questions or concerns** as soon as you think of them.

3. **Have a family member or friend with you** who can help you remember the answers.

4. **Have someone who can speak for you or ask questions** when you're not up to it yourself.

5. Medical personnel tend to use short-cut abbreviations and phrases you may not understand, especially when they are speaking with each other. When this happens, **ask the person to explain any word or phrase you don't know**.

6. **Your nurse will be able to answer many of your questions** and will know the best person to talk to about specific questions or concerns.

7. At any point you think your care team has information about you or your care plan that is wrong or not completely correct, **please let us know**. This helps to prevent errors.

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