

Questions to ask your healthcare professional: Cardiorenal disease, RAASi* therapy and hyperkalaemia

This guide is for people with cardiorenal disease who are treated with RAASi therapy.

It aims to encourage and assist you to **ASK QUESTIONS** of your treating healthcare professionals (HCPs), to ensure that you understand your health issues and how they can be best managed.

Understanding your health issues and treatment can help you to look after yourself and get involved in discussions about your care.



Tips for getting the information you need



Before your appointment –

PLAN

- ✓ Consider what you want to learn or understand from the appointment
- ✓ Write down any questions that you have and bring them along



During your appointment –

ACT

- ✓ Advise your HCP that you have prepared some questions to ask so that they allow some time
- ✓ Ask your questions – **this is your health; your understanding and thoughts matter**
- ✓ You may find it helpful to take notes



After your appointment –

REFLECT

- ✓ Think about whether your questions were answered – read through any notes made or resources given
- ✓ Consider whether you have further questions for your next appointment
- ✓ Over time, aim to really understand your health issues and their treatment

WHO to ask?

Any HCP involved in your care

- ✓ You may be cared for by a number of HCPs; GPs, Specialist Consultants, Specialist Nurses, Pharmacists, Dieticians and more
- ✓ These healthcare professionals all play a different role in your care and will be best placed to answer different questions

WHEN to ask?

During any appointment with a HCP

- ✓ You may meet your HCPs in the GP surgery, hospital clinics, community clinics, accident and emergency, hospital wards, in both planned and emergency circumstances
- ✓ It is important to ask questions in ALL appointments so that you understand what is happening and why

