

# Be your own pilot with the HEALTHCARE RIGHTS GUIDE

With this guide, you can be a pilot along with your doctor  
and embark on the journey you want to make

The NHS works best when you are fully involved in decisions about you - including planning for a healthy journey with HIV and making the most of your time with your doctor and healthcare team.

## You have the right to:

### BE INVOLVED IN DECISIONS ABOUT YOUR HEALTH CARE

Take part in making decisions about your health care and work with your doctor or nurse to choose the treatment that's right for you

- *Have you made a list of questions to talk through with your doctor or nurse?*
- *Have you taken enough time to think about your treatment and assessment options?*
- *Would it be helpful to take notes at your appointment so you can remind yourself about what you discussed?*

### INFORMATION ABOUT THE TREATMENT OPTIONS AVAILABLE TO YOU

Ask your doctor or nurse for all the information you need to make decisions about your health care

- *Do you understand the information you have been given, or do you have any unanswered questions?*
- *Have you asked what other treatment options are available to you on the NHS?*
- *Is there someone else you can speak to that can help you discuss your treatment with your doctor or nurse?*

### TREATMENT THAT MEETS YOUR NEEDS AND PREFERENCES

Tell your doctor or nurse what is important to you, so you can find the treatment that works best for you

- *Do you have needs relating to your age and lifestyle when choosing treatment? This could include holidays, work and your personal life.*
- *Are you taking any medication for another condition which could change what treatment you need?*
- *If so, does the amount of pills you take affect your HIV treatment preferences?*
- *Does your treatment need to fit around your work or social life?*

“ This is your life, your HIV and your journey. Be more than just a passenger: talk to your doctor and healthcare team about what's right for you. ”



This short guide highlights three rights from the NHS Constitution, a legal document that explains the rights that all NHS England patients have<sup>1</sup>. These are just some of your rights covered under Section 3a of the NHS Constitution.

For the full list see: [www.gov.uk/government/publications/the-nhs-constitution-for-england](http://www.gov.uk/government/publications/the-nhs-constitution-for-england)

#### References

1. The NHS Constitution for England. Available from: [www.gov.uk/government/publications/the-nhs-constitution-for-england](http://www.gov.uk/government/publications/the-nhs-constitution-for-england) (Last accessed: April 2018)

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