

### Media statement

2 October 2019

#### **SCHHS helping patients choose treatment wisely**

Sunshine Coast Health is proud to be a Choosing Wisely champion health service, helping reduce treatment that may be of limited benefit to patients.

This means we are committed to helping patients and health professionals discuss tests, treatments and procedures, to make decisions together and reduce treatment that may be of limited benefit.

Choosing Wisely is an Australia-wide initiative that brings the community together to improve the quality of healthcare through considering tests, treatments, and procedures where evidence shows they provide no benefit or, in some cases, lead to harm. The Sunshine Coast Hospital and Health Service (SCHHS) joined the Choosing Wisely Australia initiative to improve our patients' experience of our health service.

Medical Lead for Safety, Quality and Innovation Dr Morne Terblanche says we need to encourage patients to become true partners in their care and to feel confident to ask questions about their treatment.

"It's important our consumers receive the right amount of care, not too little, and not too much, so we encourage them to ask questions like, 'what are the benefits, risks and alternatives, as well as what will happen if I do nothing,'" Dr Terblanche said.

"If you don't understand what is being discussed with you, please stop the doctor and ask him or her to explain, it is important you know what is being said, and remember that we are listening. If you've got questions, please ask," Dr Terblanche said.

"Discussing your health care with a medical professional can be a daunting experience, so we encourage consumers to bring a support person along help them to feel more comfortable and ensure all of their questions are answered."

The Sunshine Coast Choosing Wisely initiative is being led by clinicians and patients, with the support of the executive team and key partner organisations.

Doug Kenane has been a member of the SCHHS Choosing Wisely committee as a consumer representative since its commencement.

# Sunshine Coast

## Hospital and Health Service

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“It’s about encouraging consumers to be more involved in making decisions about their care. As patients we don’t always know the questions to ask and a simple way to remember key questions is the **BRAN** acronym:

- What are the Benefits?
- What are the Risks?
- What are the Alternatives?
- What if I do Nothing?”

“The end objective is to improve community health,” Mr Kenane said.

Recognising that a hospital visit represents just one aspect of the healthcare journey, the Public Health Network (PHN), which represents G.P.s on the Sunshine Coast, is a key partner organisation of our local Choosing Wisely initiative.

Working in partnership with our GPs is something that SCHHS Director of Cardiology, Dr Rohan Poulter, is committed to.

“It is important that our patients recognise their GP as a key part of our health team. This helps to ensure that together we give you the best care suited to your personal needs,” Dr Poulter said.

SCHHS is joined by a growing number of Choosing Wisely champion health services across Queensland including Gold Coast Health, Mackay Hospital and Health Service and the Royal Brisbane Women’s Hospital.

For more information visit [www.choosingwisely.com.au](http://www.choosingwisely.com.au)

#### **MEDIA OPPORTUNITY**

**Media are invited for a photo and interview opportunities with Dr Morne Terblanche and consumer representative Doug Kenane.**

**When: Friday 4 October, 10:00am**

**Where: Meet at SCUH main reception**

**ENDS**

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