

Medical Treatment

Understanding and Deciding

What is medical treatment?

All of the following count as medical treatment :

- medication,
- an exam or test,
- a consultation,
- a treatment or surgery,
- any other service intended to prevent, diagnose, or treat a medical issue.

What to ask yourself

Do I understand?



Healthcare staff needs to explain to you :

- your medical condition,
- the proposed treatment,
- potential risks and benefits,
- alternatives.



You have the right to ask all your questions.

- *Why this treatment?*
- *Can you explain it to me another way?*
- *What are the risks?*
- *What are the alternatives?*



Red flags
Someone :

- refuses to answer your questions,
- tells you not to worry about the details,
- dismisses your concerns,
- pressures you to decide quickly.

To give informed consent, you need to receive **all the information you need.**

Is my consent given freely?

Your decision must be yours. No one can force you to accept treatment through threats, intimidation, or pressure.



Red flags
Someone:

- is very insistent,
- makes you feel guilty,
- scares you to make you accept,
- refuses to discuss other options.

Do I have the capacity to consent?

Having the capacity to consent means you are able to :

- ✓ understand the information about the treatment (or about refusing it),
- ✓ understand the consequences of your decision,
- ✓ decide for yourself.

For more information

→ educaloi.qc.ca/en

**Make a free,
informed,
and confident
decision.**