

# How To Be Part Of Your Child's Healthcare Team: 20 Tips



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The partnership between families and professionals is based on a realization that everyone's role is important, that what we do together is greater than what any one of us can do separately.

BC Children's Hospital and Sunny Hill Health Centre for Children are very busy places. There may be many healthcare providers caring for your child. Your child may need a lot of tests and procedures. The amount of information you get could be overwhelming and not clear to you. When you understand the information that you get from healthcare providers, there is less chance that an error can happen.

## Get Involved & Ask Questions

1. The single most important way you can help is to be an active member of your child's healthcare team. Ask questions and keep asking until you completely understand what is happening and why.

## Medications

2. Make sure that all of your child's doctors, nurses, and pharmacists know about all of the medicines your child is taking including prescription medicine, over-the-counter medicines, and supplements such as vitamins and herbals.
3. Make sure your child's doctors, nurses, pharmacists, and dietitians know about any allergies or reactions your child has to medicines and foods.

4. When your child's doctor writes a prescription, repeat the name of the medicine and the dose to your doctor so that you can double check the prescription.
5. When you pick up your child's medicine from the pharmacy, repeat the name of the medicine and the dose to your pharmacist so that you can double check that you have the right one.
6. Ask for information about your child's medicines – both when they are prescribed and when you receive them.
7. If you have any questions about the directions on the medicine label, ask your pharmacist.
8. Ask your pharmacist for the best way to measure and give your child's medicine.
9. Ask for information about the side effects your child's medicine might cause.

## Hospital Stays

10. Make sure your child has his/her identification bracelet on at all times.
11. Ask everyone who has direct contact with your child to wash their hands.
12. When your child is being discharged from the hospital, ask his or her doctor to explain the treatment plan you will use at home.

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