

# Right Care Alberta

## Right Care Alberta is about improving, together.

Right Care Alberta is changing the conversation between patients and providers. It's about building relationships and trust, and giving patients a bigger voice and choice in their care. It's about helping patients, families and healthcare providers choose evidence-based care that is appropriate, effective and sustainable.

### EVIDENCE-BASED

Patients can trust that their healthcare providers' recommendations are based on knowledge, safety and best practices.

### NECESSARY

Not all tests and treatments work for every patient. By staying focused on individual patient needs, we can ensure resources are there for those who really need them.

### PERSON-CENTRED

Every care experience is unique and requires listening and learning. That's why every decision that involves treatments and tests is based on the patient voice and values.

### SAFE

Care focuses on collaborating as a healthcare team to determine what is best for patients, based on clinical evidence and expertise.

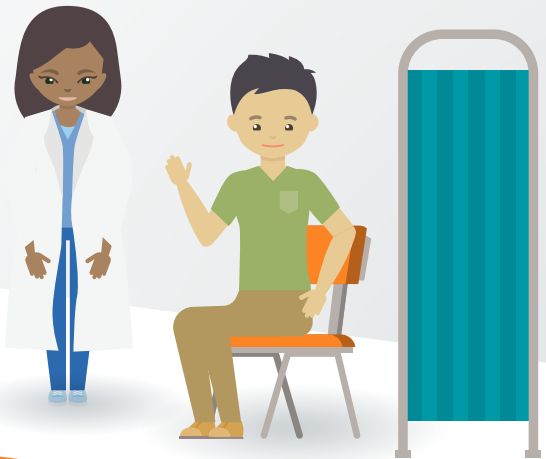
### RESPECTFUL

Each patient's voice and values play an important role in their care journey.

# Right Care Alberta in Action

## Visit the doctor

Kim is a 38-year-old who has been diagnosed with irritable bowel syndrome (IBS). He visits Dr. Mills, his physician, for a check-up.



## Talk about tests

Kim recently had a sigmoidoscopy—an examination of his lower colon—that was normal. He and his physician discuss further treatment options. Kim thinks a colonoscopy to examine his entire colon would rule out anything serious.



## Consider what's necessary

Dr. Mills listens, and they discuss Kim's needs and values. Dr. Mills explains that, based on Kim's medical history and previous tests, he does not need a colonoscopy, as it will not change his diagnosis.



## Make a plan together

As they discuss further treatment, Kim agrees to lifestyle changes. He and Dr. Mills agree that more tests and medication won't resolve the issue.



### Ask yourself:

- Do I really need this test, treatment or procedure?
- What are the down sides?
- Are there simpler options?
- What happens if I do nothing?

## Next steps

Kim's IBS symptoms have improved. He is thankful that his consultation was personal, respectful and provided evidence-based care. He is glad his physician always considers his safety and personal values.



Because Kim did not need and did not have a colonoscopy, he made room for a patient who really needed it.

