

Making Informed Decisions

Every pregnancy is different, Everybody is different. Every family is different.

Sometimes your healthcare provider may recommend a test, medication, procedure, or treatment. The goal of informed decision-making is to understand your options, ask thoughtful questions, and make decisions that fit your health, your needs, your baby's needs, and your personal values.

Good healthcare is a partnership. Your provider brings medical knowledge and clinical experience. You bring your goals, values, preferences, and lived experience and expertise.

Together, you can make the best decisions for you and your baby.

When offered a procedure or medication, the BRAINED method helps you slow down, gather information, and better understand your options

♥ ***Sis... You are never a burden for asking questions. Understanding your care is an important part of receiving good care.***

BRAINED: A Simple Tool Used to Make Decisions

B — Benefits: "What are the benefits of this recommendation?" - How might this help me or my baby?

R — Risks: "What are the possible risks or downsides?" - Every option, including doing nothing, has potential benefits and risks.

A — Alternatives: "Are there any other reasonable options?" - Sometimes there are several ways to approach the same situation.

I — Intuition: "What is my intuition telling me?"

- How do I feel about this decision?
- Do I understand enough to feel comfortable?
- Do I need more information?

N — Nothing (or Next): "What happens if we wait?" or "If we do this, what happens next?" - Sometimes immediate action is needed.

Sometimes, careful monitoring is a reasonable option. Understanding the timing helps you make informed decisions.

E — Emergency: "Is this an emergency?"

This can help you decide whether you have time to wait and make a decision or have to do something NOW.

D — Decide: Make your decision.

After evaluating all of the information, you MAY be ready to make a decision.