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Consent: Saying Yes or No

What is consent? Giving consent means saying yes or no to something.

When you don't feel well you might need to see a doctor or nurse.

- They want to find out what's wrong - to examine or assess you.
- Or want to help - treat you.
- Before they do anything they must ask you if this is OK. This is **consent**.

They might ask you to consent by:

- **Doing something**
- **Signing something**



You can say YES



You can say NO



It is up to you.

Are you 16 or over?

You can give consent for yourself.

Are you under 16?

You can give consent for some things.

Before you decide you will be given information about:



What they want to do - the treatment

Why they think it is good for you

What the treatment will feel like

What might go wrong

How much better it will make you

You can ask more questions if you don't understand or feel you want more facts.

Do you need help?

- Talk it over with your friend, relative, carer or advocate.
They might like to ask questions too.
- Take time to think about it.

Your rights:

- You can have someone with you when you see a doctor or a nurse
- You have the right to say what you feel and want about your care
- You have the right to say no
- You have the right to see a different doctor or nurse
- You do not have to see a student
- No-one can assume you cannot make a decision just because of your age, your disability or how you look



If someone thinks you do not have **capacity** to make a decision they have to use a Law called The Mental Capacity Act 2005. You can find out more information about this from your doctor or nurse.

Remember: giving consent is **up to you**.

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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