



York Teaching Hospital  
NHS Foundation Trust

# About the Consent Form

Information for patients, relatives and carers

① For more information, please contact:  
Assistant Director of Healthcare Governance on  
Tel: 01904 725045

Caring with pride

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## About the consent form

You have a right to information about your condition and the treatment options available to you and we are keen that you are as well informed as possible. The consent form is one part of this process of openness, trust and communication.

Before a doctor or other health professional examines or treats you, they need your consent. Sometimes you can simply tell them whether you agree with their suggestions.

Sometimes a written record of your decision is helpful – for example if your treatment involves sedation or general anaesthesia. You'll then be asked to sign a consent form. If you later change your mind, you're entitled to withdraw consent – even after signing.

Your direct involvement in your care is vital. Having a full understanding of your treatment will help you in this. So consent is not simply a “legal nicety” but is about you and your clinical team making decisions together.

## **What should I know before deciding?**

Health professionals must ensure you know enough to enable you to decide about your treatment. They will write information on the consent form and offer you a copy to keep, as well as discussing the choices of treatment with you. Although they may well recommend a particular treatment option, you're free to choose another.

People's attitudes vary on things like the amount of risk or pain they are prepared to accept. That goes for the amount of information too. If you would rather not know about certain aspects of your treatment please discuss your worries with the health professional treating you.

Consent is all about our involving you in your care, and your understanding of the procedure including its benefits, its risks and its limitations. We urge you to look carefully at the information leaflets provided about your proposed treatment, but above all to ask if you are uncertain or worried.

Your consent form will include honest information about risk, side effects and complications, to help you decide.

## **Should I ask questions?**

Always ask anything you want. As a reminder, you can write your questions in the space provided at the back of this leaflet. The person you ask should do their best to answer, but if they don't know, they should find someone else who is able to answer your concerns.

To support you and prompt questions, you might like to bring a friend or relative. Alternatively, the local Patient Advice and Liaison Service (PALS) can refer you on to independent local advocacy services; their contact details are on page 14.

## **Is there anything I should tell people?**

If there's any procedure you don't want to happen, you should tell the people treating you. It's also important for them to know about any illnesses or allergies, which you may have or have suffered from in the past. Also, if, for example, you have specific faith-based or philosophical beliefs around your planned procedure, you should feel free to discuss these openly with your team.

## **Can I find out more about giving consent?**

The Department of Health leaflet “Consent – what you have a right to expect” is a detailed guide on consent in versions for adults, children, parents, carers/relatives and people with learning disabilities. Ask for one from your clinic or PALS or order one from the NHS Response line (08701 555 455).

## **Who is treating me?**

The responsibility for your care lies with the Consultant team treating your condition. This team may include many health professionals, some doctors of different grades and some nurses and other practitioners. Specially trained nurses, who have a full understanding of your procedure, may take part in the process of consent.

York Teaching Hospital NHS Foundation Trust is an integral part of the Hull and York Medical School. This means that there will be on occasions, medical students accompanying qualified doctors when they come to discuss your care with you, undertake examinations and during your operation.

There will also be, on occasions other healthcare students who are involved in your care. These may include roles such as student nurses, student radiographers and student physiotherapists. At all times a qualified practitioner will supervise them.

This is an important part of the training of healthcare professionals and we appreciate your help and understanding in this. However, if you do not wish for a student to be involved in your care, please speak to the person treating you and we of course understand this.

## **What about anaesthesia?**

If your treatment involves general or regional anaesthesia (where more than a small part of your body is being anaesthetised) you'll be given general information about this in advance. You'll also have an opportunity to talk with the anaesthetist when he or she assesses your state of health shortly before treatment. In some instances you'll be invited to a pre-assessment clinic; this provides you with the chance to discuss things a few weeks prior to surgery as well as to undergo tests to add to the safety of your procedure.

## **Will samples be taken?**

Some kinds of operation involve removing a part of the body (such as a gall bladder or tooth). You would always be told about this in advance. Other operations may mean taking samples as part of your care. These samples may be of blood or small sections of tissue, for example, of an unexplained lump, and they are important in making a diagnosis and planning your treatment.

In some instances, samples may also be used for quality control purposes, samples of blood or tissue used in this way would be anonymised.

## Photographs and videos

As part of your treatment some kind of photographic record may be made – for example, x-rays, clinical photographs or sometimes a video. We will often be able to tell you in advance if this is going to happen. The photograph or recording will be kept with your notes and will be held in confidence as part of your medical record.

This means that it will normally be seen only by those involved in providing your care or those who need to check the quality of the care you have received. The use of photographs and recordings is also important for other NHS work, such as teaching or medical research. However, we will not use yours in a way that might allow you to be identified or recognised without your permission.

We attach great importance to the protection of your confidentiality.

## **What if things don't go as expected?**

Amongst the 25000 operations taking place every day, sometimes things don't go as they should. Although the doctor involved should inform you and your family, often the patient is the first to notice something isn't right. If you're worried – for example about the after-effects of an operation continuing much longer than you were told to expect – tell a health professional right away. Speak to your GP, or contact your clinic – the phone number should be on your appointment card, letter or consent form copy.

## **What are the key things to remember?**

It's your decision! It's up to you to choose whether or not to consent to what's being proposed. Ask as many questions as you like, and remember to tell the team about anything that concerns you or about any medication, allergies or past history, which might affect your general health. Above all, remember your team are here to help you and to do so in a safe, effective and acceptable way.

## Questions to ask health professionals

As well as giving you information, health professionals must listen and do their best to answer your questions. Before your next appointment, you can write down any questions you may have in the space at the back of this leaflet.

Questions may be about the treatment itself, for example:

- What are the main treatment options?
- What are the benefits of each of the options?
- What are the risks, if any, of each option?
- What are the success rates for different options; nationally, for this unit or for you (the surgeon)?
- Why do you think an operation (if suggested) is necessary?
- What are the risks if I decide to do nothing for the time being?
- How can I expect to feel after the procedure?
- When am I likely to be able to return to my regular routine?

Questions may also be about how treatment might affect your future state of health or style of life, for example:

- Will I need long-term care?
- Will my mobility be affected?
- Will I still be able to drive?
- Will it affect the kind of work I do?
- Will it affect my personal/sexual relationships?
- Will I be able to take part in my favourite sport/exercises?
- Will I be able to follow my usual diet?

Healthcare professionals should welcome your views and discuss any issues so they can work in partnership with you for the best outcome.



## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Fiona Jamieson, Assistant Director of Healthcare Governance, The York Hospital, Park House, Bridge Lane, York, YO31 8ZZ, telephone 01904 725045 or email [Fiona.C.Jamieson@york.nhs.uk](mailto:Fiona.C.Jamieson@york.nhs.uk).

## **Teaching, Training and Research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



Providing care together in York, Scarborough, Bridlington,  
Malton, Selby and Easingwold communities

Please telephone or email if you  
require this information in a different  
language or format

如果你要求本資訊是以不同的語言  
或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne  
są w innym języku lub formie,  
należy zadzwonić lub wysłać  
wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da  
formatta istiyorsanız lütfen telefon  
ediniz ya da e-posta gönderiniz



**01904 725566**

email: [access@york.nhs.uk](mailto:access@york.nhs.uk)



Braille



Audio e.g.  
CD



Large print



Electronic

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