

GETTING READY FOR ADULT CARE

My Health

3-Sentence Summary

A 3-sentence summary is an easy way to discuss important health information with your health care team at each visit.



IWK Health Centre



nova scotia
health authority

How to use your 3-Sentence Summary

Sentence 1

My age, diagnosis and brief medical history

Sentence 2

My treatment plan

Sentence 3

My question/concern to talk about during this visit



Example

“Hi my name is Jane Smith, I have asthma, I have been admitted to hospital twice, but not in the past five years.

I have been taking Ventolin and Flovent since I was 3.

I am here today because I can't run anymore. I wheeze too much and can't breathe.”

Now, it's your turn!

Practice with the care providers you see most

Ask if your 3-Sentence Summary is correct and includes all the important information



*Adapted from SickKids Good2Go Transition Program, Toronto, ON