

Medical trauma

Preparing for Medical Care With More Choice

Adults and teens 13+ | 10 to 15 minutes

Past medical experiences can affect how manageable an examination, procedure, or waiting room feels. You do not have to recount them to request clearer explanations or consent. This page helps prepare a care conversation; urgent medical needs should receive timely attention.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Identify the difficult part

Consider uncertainty, touch, pain, clothing, positioning, noise, or being unable to communicate. Name the current challenge and any practical accommodations. A preference may need discussion alongside clinical requirements rather than an assumption that it can always be met.

Agree on communication

Ask staff to explain steps before proceeding, request permission when possible, and agree on a pause signal and its limits. Consider a support person, interpreter, written plan, or alternative positioning, according to your needs and the setting.

1. Which part of the upcoming care feels difficult, without describing past events?**2. What explanation, positioning, privacy, or sensory accommodation would help?****3. What permission and pause arrangements do you want to discuss, including any medical limits?****4. Who can help communicate these preferences or clarify the care plan?****Clinical use and adaptation**

Coordinate with medical staff and avoid advice to delay essential care or stop treatment. Ask permission before touch and explain urgent-care constraints honestly. Consider pain control, disability access, discrimination, interpreter needs, and ongoing informed consent.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: S05. Full sources are in the online preview and collection appendix.

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