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# Information for Patients and Families Making Difficult Decisions

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**Do you have to make a difficult health care decision?**

**Are you unsure about the right thing to do?**

*The Clinical Ethics Service can help you, as a patient or family member, if you are faced with a difficult decision or an ethical question.*

## When would you need ethics?

When you have to make a difficult or confusing healthcare decision and there are different opinions about what is the best thing to do.

## Examples of ethical concerns are:

- Uncertainty or confusion about what treatment option is best for you/your child
- Questions about your child/adolescent's role in making health care decisions for themselves
- Questions about continuing or stopping [withdrawing] treatment
- Questions about refusing treatment
- Any issue concerning patient's rights
- When there are different opinions among family members or between family members and others about treatment goals or the plan of care
- End of life decision-making

## How can an ethics consultation help you?

- We can meet with you and discuss options
- We help you explore which of your own values and beliefs are involved in the decision
- We help you to decide what is most important to you, your child and your family
- We do not make decisions for you
- If there are different views about a plan of care, we can help by providing the opportunity for a discussion that is safe, respectful and fair

## What do we offer?

- Confidential discussions for patients, families and health care providers

## How to contact us:

**Main contact for BC Children's Hospital,  
Sunny Hill Centre for Children  
and BC Women's Hospital & Health Centre**

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## Ethics Resource Office

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