

When it comes to informed consent, always use your

# B.R.A.I.I.N.S.

**Benefits** (What are the benefits?)

**Risks** (Are there any risks?)

**Alternatives** (Is there something else we can try first or instead?)

**Intuition** (What is your gut telling you? Always listen to it!)

**Interventions** (What other interventions will be necessary?)

**Nothing** (What if we choose to do nothing or wait?)

**Stay Calm** (And ask for time alone to discuss it!)

