

# How to have good communication in health care

Good communication helps all patients:

- be honest and open about their health so that they get the health care they need
- understand what health workers tell them and what they need to do
- trust that health workers will respect their privacy
- feel safe and respected.

This blog article says how health professionals can communicate well. It has practical ideas about things you can do.

For example, it is a good idea to sit down when talking to patients. Sitting down makes patients feel they can trust you. They know that they will have time to ask questions so that they understand.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

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# Tulane University School of Public Health

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