S7. HAVING TO INJECT ONESELF

THE AIM is partly to discuss patients' thoughts and concerns about having to inject themselves and partly for them to consider the support that could help.

PRACTICALITIES Start with exercise sheet S7 and discuss any discomfort or concerns about having to inject themselves. In the process, write down and consider the options that could help in this situation on the basis of the examples in exercise sheet S7.

Before the session, make a copy of the exercise sheet (which can be downloaded at www.steno.dk). Give patients the completed sheet to take home and take a copy yourself.

STEP BY STEP

- Explain briefly what the exercise is about and ask what thoughts and feelings patients have about having to inject themselves.
- If possible, let patients write their responses themselves.
- Use answers to support their choice of where further work should be done.

HAVING	TO INJECT ONESEL	F
What do I feel abou	ut taking medication using a syringe/pen?	
What could help m	ue feel hetter?	
	to somebody who already does it. Who?	
I could maybe get	thorough instruction. Where?	
I could maybe get	others to help me in the beginning. Who?	
Other options?		