

FOLLOW-UP

- to summarise challenges and concerns

The aim of the exercise is to follow up on issues identified in the previous consultations. Hopefully, follow-up will give an overview of what patients feel about their diabetes and associated treatment by summarising the challenges and concerns that have come up earlier in the process. Finally, the aim is to identify the challenges that patients would like to work on.



Approx. 5 mins.



Typically used in a consultation process



'Follow-up' sheet
Good table space
Writing implements



Use as follow-up on various exercises
Can also be followed by exercises in the Scrapbook
and 'Goal and Plan'.

Preparation: Copy the 'Follow-up' sheet. Have the previous exercises at hand. 'Follow-up' can be downloaded/printed at www.steno.dk

EXERCISE SHEET & FOLLOW-UP

FOLLOW-UP

My concerns /challenges :

+ _____

+ _____

+ _____

+ _____

+ _____

+ _____

+ _____

What I want to work on:

+ _____

+ _____

+ _____

+ _____

+ _____

+ _____

+ _____

STEP BY STEP

1. Introduce the purpose of the exercise: To pull together everything that has happened in the process to date and consider which are the most significant concerns and challenges.
2. Briefly summarise what was discussed at previous visits, for example: "You told me about your daily routines and you told me how..... We reviewed your medication... You put yourself here on the scale and you would like to... You selected some statements which were.....We concluded by me giving you some postcards to take home for you to complete." Ask whether the patient agrees with your summary.
3. Ask openly about the process, for example: "Is there anything you have thought or wondered about or is there anything you have come across since we met last time?"
4. On the sheet, summarise patients' challenges and concerns. If possible, allow them to write on the sheet themselves. Preferably specify the challenges and separate out any problems that have got mixed up with each other. Prioritize the points according to what are most important for patients. Focus on challenges and not solutions.
5. Consider showing patients the different exercises in the scrapbook.
6. Together with the patient, decide on the problems to be worked on and which of the exercises in the scrapbook it would possibly be most relevant to use.
7. Then give patients the sheet to take home and keep a copy for yourself.