

# Appendix 16.

**Expert Patient  
Programme  
Toolkit**

# Appendix 16. Review types and crib sheets

## Type of Review and Education Team Involvement

### Patient Specific Review:

One of our doctors sits in these reviews and facilitates feedback and learning points. These are reviews specific to the patient so could be something such as reviewing specific symptoms or medication unique to that patient and the mental health. These reviews were designed either by, or in collaboration with the patient.

### Current Mental Health Review:

One of our Senior Clinical Nurse Educators (SCNE) sit in on all of these reviews to facilitate feedback, discussion and learning points. The aim of this review is to assess current mental health and develop a plan using a biopsychosocial model. Students are generally expected to cover areas such as recent mental health, symptoms, medication and risk during this type of review.

### Psychosocial Review:

One of our Lived Experience Facilitators sit in on this review with each group. This type of review aims to get the students thinking about wider areas that can impact on mental health and wellbeing. During this review, students think more about ADL's, support in the community, hobbies and environment. Again, our LEF will facilitate feedback and discussion following the review being completed.

## Example of some of the reviews we include

See below for some examples of the crib sheets and reviews we ask students to complete during the clinic. These are very much in the early stages of development and constantly being reviewed and improved as the pilot progresses.

### Neurological Examination (patient specific)

For this review, please complete relevant elements of a neurological examination with the patient. Examples of some things you might assess include:

- Side effects of current medication (extrapyramidal)
- Tremor (resting/intention)
- Tone/rigidity
- Gait
- Oculomotor symptoms

### Also consider:

- Cognitive functioning
- Impact on functioning and daily life

Be prepared to present your findings and discuss any potential mitigation measures.

### Medication Review (patient specific)

The patient you are due to see in clinic today feels that they're combination of medication might benefit from a review. Please review the patient in your clinic. Things to think about:

- What medication is the patient taking and how do they feel this is going?
- How long have they been taking this medication?
- Does the patient have any issues or concerns about what they are prescribed?
- What might the effects or side effects of this medication?
- Do you need to consider any risk factors?
- What level of insight does the patient have into their medications and its efficacy?
- Can you make a collaborative plan with the patient and discuss any recommendations?

### Obsessive Compulsive Disorder Review (patient specific)

The patient you are due to see in clinic today has a diagnosis of Obsessive Compulsive Disorder (OCD). Please assess the specific symptoms and severity of OCD and develop a manage plan for moving forwards.

Things to think about:

- How does the OCD present and what are some of the obsessions and compulsions?
- What impact does this have on the patient's life and what are some of the triggers?
- What scales might be useful to help rate severity of OCD?
- Can you identify the cycle that the patient is stuck in? (Thoughts, feelings, physical sensations and behaviours?) How is this being maintained?
- Provide the patient with some psychoeducation on Cognitive Behavioural Therapy and how this can be an effective treatment for OCD
- Make a plan together for what the next steps might be

### Physical Health Assessment (patient specific)

Complete a physical health review with a patient diagnosed with anorexia nervosa. Think about what general questions you might ask as well as considering eating disorder-specific questions or examinations you might need to do.

Things to think about:

- Work out current BMI
- Does the patient have a target BMI? How is the patient working towards this?
- Blood pressure including postural response
- Oxygen saturation
- Heart rate

Also consider:

- Discuss overall physical health
- Medications related to physical and mental health
- Plan for next review and any recommendations

Think about how communication is key during this assessment and how difficult this review might be for the patient.

### Current Mental Health Review

This review is designed to replicate an outpatient clinic where you will review a patient's current mental health. You will have access to the patient's history, including information such as diagnosis, medication, past treatment and risk information.

Please make sure you read through this before inviting the patient to their review. This will give you a good idea of things they have experienced in the past and help to build rapport in the session. For this task, we would like you to review your patient's current mental health.

Think about discussing:

- How the patient is currently and how they have been since their last review.
- Has the patient experienced any recent challenges or struggles?
- Have they had any contact with mental health services?
- Review symptoms
- Review risk
- Review medication (Helpful or not effect, concordance, side effects, next steps and wishes, recommendations / further info re choices)
- Discuss diagnosis if indicated
- Make a plan together (bio/psycho/social)

You will have 20 minutes to complete this review so you might not be able to cover everything, but we can explore this further once the review is completed.

### Psychosocial Review

Complete a psychosocial review with your patient. Some things to consider:

- How are they feeling today
- What does a typical day look like
- Activities of daily living (ADL) functioning, cooking, shopping, independence, budgeting
- Occupation – Career/Education – how has this been impacted?
- Social support and relationships
- Family and/or Carer support
- Support groups
- Hobbies and meaningful activities
- Any barriers to doing what they want to
- Relapse prevention – what keeps them well?
- Coping mechanisms/ strategies
- Goals/hopes for the future

Communication skills for the EP to consider when evaluating student

- Caring and compassionate
- Empathetic
- Built rapport and developed relationship with EP
- Non-judgemental and respectful
- Active Listening / Reflection
- Appropriate tone/pace
- Positive reinforcement
- Body language/eye contact