

# Consultations & Preparations...

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*Continuum of Care*

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# Objectives

- ❖ Review expectations for case consultations:
  - ❖ Medical,
  - ❖ Therapy,
  - ❖ Family,
  - ❖ Spiritual
  - ❖ Other...
- ❖ Hear & discuss cases we are encountering in the present.

# What Is Our Question?

- Clarify the purpose of consultation
  - Solve a specific problem?
  - Get an integrated overview?
  - Help resolve external struggles (team, guardian, specialists, etc.)
- Think of important context for presenting a person, at this point in their life.
  - Age – what are their tasks of living?
    - What are their physical capabilities?
    - What are their mental capabilities?

# Purpose of Individual Context

- BIOlogical – PSYCHOlogical – SOCial
- All the conditions of our organism
- How has our personality developed? E.g.:
  - Reactive or observer; expressive; movement oriented?
  - Flexible? controlling? Passive? Avoidant?...
- What are our connections with other people?
  - Do we have close friends?
  - To whom do we turn in times of stress?

# Formulating A Story

- ❖ Establish a story (it is made to fit to the time available)
  - ❖ Who
  - ❖ What
  - ❖ When
  - ❖ Where
- ❖ Provide a timeline (*accuracy is important*)
  - ❖ Relative to the individual's lifetime ~
    - ❖ when did the current situation begin,
    - ❖ how much has it affected their QOL/daily living

# Furthering the Story

- ❖ Give room for new information and hypotheses
- ❖ Use clarifying questions
- ❖ Understand purpose of further information (laboratory tests, treatments, interventions)
- ❖ Purpose: to build to future experience
  - ❖ Prevention of illness
  - ❖ Resolution of problem
  - ❖ New skills and adaptive behavior...

# Medical Consultations

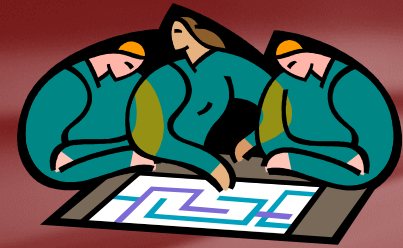
- One sentence biological descriptor: age, gender, social relationship, position.
- Two sentence problem: the issue, timeline; factors tried to address it; results to date.
- Current physical state: vital signs; pain.
- Past History: all past medical conditions and treatments; active and dormant; development.
- Medications: all medications, supplements, and ongoing therapies.
- Living situation: housing situation, guardianship, pharmacy, work, leisure, relationships and community activities.

# Shall We Discuss Some Cases?





# Synergy of ideas & information...



# Conclusion

- Presentation preparation helps to improve the quality and usefulness of consultations (most of the time).
- Communicating results of interactions with consultants
- Updating changes since last consultation
  - Don't assume continuous historical knowledge
  - Highlight benefits and bad results (specifics)

We are always seeking to improve; there is no perfect.