

Example of GPs script:

Patient contribution

Hi Colin, thanks for bringing your partner Gail. How can - we spoke on the phone, briefly, I spoke mostly to Gail, and we sort of decided on appointment for you to come back and see me again.

From what was said on the phone, you saw a CPN yesterday because things have been really difficult.

The other thing was, was there any other issue that you were hoping to raise today?

ICE

What brought that on?

What were you worried might happen?

What was Gail worried might happen?

The first thing is what were you *specifically* hoping to get from today's consultation?

Okay. Worried about that?

Were you hoping I could give you - because I've got some self-help advice that you could get for anger management, but I know that your CPN could potentially help you with that as well. So, let me know if you want some of that.

Yeah. You're not thinking the lamotrigine is responsible for that upsetting you...

PSO

Other matters? Do you have a criminal record at the moment?

Red flags

Has anyone come to any harm with that, you included?

Are you safe when that happens?

It doesn't sound like you're trying to harm yourself when that happens.

But it could get dangerous, I guess?

But historically, it hasn't? No weapons involved?

No heavy vehicles or anything like that?

Are you driving these days?

So you can keep yourself safe, and fellow road users?

Let me just check there's nothing urgent or sinister going on, if that's okay. So, we'll check your weight today just to make sure that you're not losing too much weight; your bowels have been okay?

Yeah, and not vomiting at all?

No plans to harm yourself or others?

Substances?

Alcohol?

Excess?

Okay, and that's not making you behave ugly?

No, okay. And, in terms of anger management, what sort of support have you had before?

Focussed history

Do you think it's stabilised your mood overall?

And no diarrhoea?

Focussed examination

Okay, let's do your weight now.

So, if you just slip your jacket off and stand on the scales. Just from my own observations from looking at you at the moment, you're engaging very well in the conversation, you're well dressed and look as if you're looking after yourself. And if you want to take yourself a seat. So, that's 64kg, so your weight's fairly steady at the moment. You've got - when things are particularly difficult, you look really on edge and agitated, relatively speaking, you're not too bad today.

Identify problem and explain diagnosis

So, ultimately, it's important to keep your record clean, isn't it?

So managing your anger is clearly very important from that point of view, and it's good that you're conscious of that.

Check understanding

Is there anything else we're missing?

Develops management plan / shares management plan

You've used mirtazapine before, haven't you?

And that enhanced your appetite?

So, if we needed to pull your appetite back, we could, couldn't we?

Not planning on that at the moment?

That's always a better way of dealing with it, isn't it?

Okay. So, with the point of view of where we go with your emotional responses to this and to your medication and everything – medication-wise, we've got some extra diazepam just to steady things down, and that is normally very effective for you.

I'm not going to change your mood stabilisers or your steadyers, because they seem to be working quite well and you seem to be happy with the aripiprazole. Potentially, if you're finding that agitation is persisting, we could increase your aripiprazole, that might have the desired effect. There's no rush to make that decision today – or is there?

Okay. Usually you and Gail come up with these plans quite well, you could maybe let me know if you like.

Yeah, you could do.

And then you could let me know, and I'd supply you with more if needs be.

From the anger management point of view, do you want to get that stuff from the CPN, or do you want it from me, because I can print stuff off if you want?

So, I'll print off that stuff related to self-help - for anger management, sorry. Really worthwhile, working through this together, I think. So, read this and then share it with your CPN when you see her next time. It's straight forward stuff that you can do, and then once you've had a go of it, if you find that it is particularly helpful, let me know what aspects of it were helpful.

Safety net and follow up

So, I'll see you again if needs be, when things - if things are not starting to settle over the course of the next few weeks, yeah? Bear in mind that I'm away from next Friday for a fortnight.

So, you can see one of my colleagues. Who do you normally see if I'm not around?

Okay, so if you need any help, we're there for you, or If you need to talk to someone on the phone, if needs be. But, get some advice and if you want to give me a call and let me know if you've changed your medication, we can do that on the phone, if you wanted to.

But, if you're not finding it helpful, we'll need to explore other options for you. But, it's usually quite useful stuff, alright? And you've got good motivation to manage that anger well, haven't you?

So, I think there's every chance that you'll be successful with it. Alright, keep me posted, feel free to give me a call if you want to.