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?
- What are our connections with other people?
  - Do we have close friends?
  - To whom do we turn in times of stress?
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.