Set up the conversation

- Introduce purpose
- Expectations
- Information preferences

What are your **thoughts** about where you are with your health?

What do you hope will be **achieved** by reviewing the medications you are taking?

Are you interested in hearing much **information** about your medicines?

PROMPT: From me or your doctor? Some patients like to know as little or as much as possible.

Explore key topics

- Goals
- Activities and function
- Fears and worries
- Side effects

What is the **most important** thing for you now?

PROMPT: Or in the near future? Are your medicines helping with this?

What **activities** are important to your life?

PROMPT: Do your medicines fit in with this?

What are your biggest **fears and worries** about your health?

What medicines are helping you **feel better** right now?

PROMPT: Do medicines help with your day-to-day symptoms?

Do you have any **concerns** about your medicines?

PROMPT: About side effects?

PROMPT: About taking multiple medicines?

Check Cognitive Burden

I just want to make sure I’m not **overburdening** you with too many questions?

Make trade-offs

- Making changes
- Side effects/burden

How do you feel about making changes to your medications?

Now we are going to work out what matters most to you, because different people value different things.

PROMPT: If patient has unwanted side effects:

- Some people think side effects such as aching muscles aren’t a big deal
- Some people hate having even mild side effects

PROMPT: If patient has a high **drug burden**:

- Some people think taking medicines every day is a hassle
- Some people are happy to take medicines
- How much are you willing to accept side effects/hassle of taking medicines?

PROMPT: For the possibility of staying healthier/living longer in the future?

Close the conversation

- Summarise goals/priorities/medicines

Is your **GP** aware of what’s most important to you?

I’ve heard you say that ____ is really important to you. Keeping that in mind, I’m going to summarise your goals/priorities/medicines...

PROMPT: How much does your family know about your health priorities?