



General
Osteopathic
Council



Practitioner Reflection

There are very high levels of patient satisfaction within osteopathy (>95%), but aspects of care relating to patient values, needs, preferences and what matters or is important to patients are scored less highly. By accounting for patient values both clinical outcomes and patient experiences can be improved. This resource is intended to help assist osteopaths to reflect on their shared decision making skills when working with individually diverse values in clinical settings. Why not try this in your practice and talk about what you find with a trusted colleague(s).

Please add your reflections on the following pages 



Thinking about your last consultation with a patient on a scale of 1 to 5 where 1 = not very well and 5 = very well, how well were you able to do the following:

Let the patient describe their condition in their own words (please tick)

1	2	3	4	5
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Listen and let the patient explain things clearly to you (please tick)

1	2	3	4	5
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Identify what was important to the patient (please tick)

1	2	3	4	5
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Identify relevant details about the patient's life or situation that were important to them in relation to their treatment (please tick)

1	2	3	4	5
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Understand the patient's concerns and preferences relating to their treatment (please tick)

1	2	3	4	5
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Explore with the patient what they could do to improve their health and wellbeing outside of the consultation (please tick)

1	2	3	4	5
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Discuss the options available with the patient, providing as much detail as the patient wanted (for example, the evidence base for the options available) (please tick)

1	2	3	4	5
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2

Overall, how do you think you did? For example, were you happy with the outcome? (please tick)

1
Poor

2
Fair

3
Good

4
Very Good

5
Excellent

Further comments in terms of how it was for you:

3

What went well in the consultation?

4

What went less well in the consultation?



5

Were there any barriers or obstacles that got in the way of obtaining what was important to the patient?

6

Now what? What will you do differently next time? For example, perhaps you will change the phrasing you used, ask a certain question, pick up on something that was said as they were leaving etc. Did you consider a way forward with the patient (and what did this entail)?