# The WISE training

Session 1: 3 hours WHOLE PRACTICE

- Brief introduction to WISE
- Care pathways exercise Mapping the Process of Care From Reception to Self-management
- Interactive session making the WISE tools work in your practice: PRISMS form, guidebooks and menu of options

Session 2: 3 hours ONLY CLINICIANS

- Refresh on WISE approach
- Show DVD giving examples of WISE approach consultations plus discussion
- Skills training role play to practice three core skills
- Discussion on how to ensure sustainability of WISE

Core skills	Consultation skills	Using tools and techniques
How to assess what each patient can do and needs to do	Self-management assessment- what do you need to know?	Using the PRISMS form
	Key listening and talking skills	
How to share decisions with patients	Exploring motivation for	Using the PRISMS form
	change	Using explanatory models
How to make sure patients get the	Exploring motivation for	Using explanatory models
right support	change Agreeing a management plan, refer or signpost to appropriate menu option	Web-based directory of local self-management resources
		Menu of options

### Menu of Options

- Information sources
  - Web based information
    - Guidebooks\*
  - Group training and support
    - Expert Patients Programme courses
    - Group education
    - Exercise classes e.g. Pulmonary rehab classes
- Voluntary sector and local support
  - Patient support groups
  - Health trainers
- IBS therapies: CBT and Hypnotherapy\*

\* developed for the WISE trial

# **PRISMS (Patient Report Informing Self-Management Engagement)**

The PRISMS form includes 17 items of potential need for support. These are the instructions given to patients:

## Using the PRISMS form

This form is something you can fill in before you come for a consultation with your doctor or nurse.

It is to help you think about how well you are able to manage your health and what you need most help with.

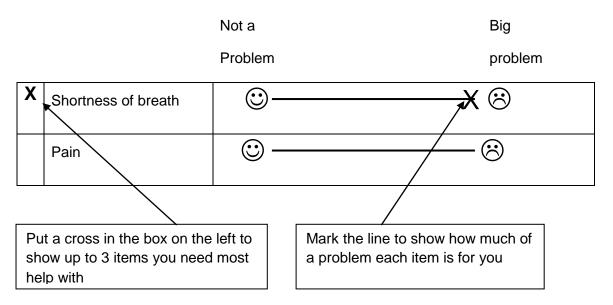
It will be used by your doctor or nurse to help them find the right sort of support for you.

The form can be used by anyone so some items may not be a problem for the health condition you have.

### What to do

Here is a made-up example of how to fill in the form.

This is a woman who is worried about her breathing. She does not have a problem with pain at the moment.



She feels that she is unable to get out and do the things that she would like to do. She would like some help with this.

Χ	Getting out and doing things that you enjoy	© ———	——X ⊗
	Sexual problems	© _X	©