A systematic approach to a rehabilitation assessment within biopsychosocial framework

**First four steps**

- You set the scene
- Patient sets the agenda
- Patient gives the history
- Summarise evidence so far

**Second four steps**

- Ask about or clarify items of history
- Ask, systematically, about:
  - Any activities not mentioned or obvious
  - Add "is anything else you think I have missed?"
  - Who is there? Blood relationships. One generation either side
  - Medical histories of family members
  - The emotional and practical support given or their dependence on the patient
  - Asking about medical illness often reveals emotional relationships, unasked
  - Living arrangements, house and other people in it (and pets)
  - Employment, other productive activities, hobbies and interests
  - The major social networks, and role and involvement

**Derived from, and based on:** Smith et al, 2013
http://dx.doi.org/10.1016/j.pec.2012.12.010

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