

## **KEY COMPONENTS OF EVERY PATIENT VISIT**

### **GOLMEDDS**

- Goals – Assess medication-related needs and help patient identify and set goals
- Obtain Medication Use - All medications including Rx, OTC, supplements (calcium, MVI), immunizations, allergies, adverse effects
- Lifestyle - alcohol, tobacco, caffeine, marijuana, exercise, adherence
- Measurement-based Care - Rating scales done on every patient – PHQ-15, MDQ, Altman, Sheehan, SPRINT, GAD, suicide risk assessment
- Education - Handouts given to the patient – info about disease state, therapy referrals. Every patient should be given a NAMI and MHA brochure; and MHC info as appropriate
- Data collection - Records release form signed to obtain labs and other helpful information, HIPPA form, release of info to send reports
- Document in Assurance, including lifestyle modification, drug therapy problems, and predicted cost impact
  - Timely follow-up - Recommendations mailed within 1 week
- Schedule follow-up appointment at the end of the visit
- Consider developing a list of questions for the patient to discuss with their doctor (“action plan”)