

Health & Wellbeing

- 1 Physical health needs
- 2 Physical health problems impacting mental wellbeing?
- 3 Lifestyle impacting mental wellbeing?
- 4 Other concerns about mental wellbeing?

Social Environment

- 1 Home environment – safety and stability?
- 2 Daily activities impacting wellbeing?
- 3 Social network?
- 4 Financial resources?

Health Literacy and Communication

- 1 Now understand their health and wellbeing?
- 2 Engage in healthcare discussions?

Patient Centered Assessment Method

PCAM Mini-Guide

Instructions

Use this assessment as a guide. Ask questions in your own words during the consultation to help you answer each question.

To be completed either during or after the consultation.

Action Plan

Do **other services** need to be involved?

Routine
Care

Active
Monitoring

Plan
Action

Act Now

Pratt, R and Maxwell, M 2009. Adapted with permission from the Minnesota Complexity Assessment Method, Peek, Baird, Coleman et al 2009

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