

Table 11.4 *Visit Content* Reflections from a New BHC

GATHER Indicator	Actions Taken	Plans
<p>Visit Content:</p> <p>I consistently and effectively demonstrate the following in a first visit, and adapt as appropriate based on clinical judgement, or for a follow-up visit:</p> <ol style="list-style-type: none"> 1. Introduction 2. Outcome measure <ul style="list-style-type: none"> - <i>Pediatric Symptom Checklist 17</i> - <i>Health-related quality of life</i> - <i>Problem severity (1-10)</i> 3. Life context <ul style="list-style-type: none"> - <i>Love</i> - <i>Work</i> - <i>Play</i> - <i>Health</i> 4. Problem context ; Functional analysis <ul style="list-style-type: none"> - <i>Problem description and severity rating</i> - <i>Time</i> - <i>Triggers</i> - <i>Trajectory</i> 5. Workability of patient’s efforts to address concern/problem 	<p>Weeks 1-4</p> <ul style="list-style-type: none"> - <i>Need help with giving feedback on the pediatric measure – just skipping over this but remembered I was supposed to say something.</i> - <i>I like the life context and use it a lot.</i> - <i>I need help with the whole problem context area – this is all new. I have the list of questions printed and I glance at it and try to ask them, but I worry about looking like I don’t know what I’m doing.</i> - <i>It’s hard but I do ask the helpfulness question and most people say the visit is helpful – I’m just going to take them at their word.</i> - <i>I need to learn more about FACT. I look at the four square and try to see the patient’s problem from that perspective. In</i> 	<p>Initial Visit:</p> <ul style="list-style-type: none"> - <i>Ask my BHC 2 for a call to check in on functional analysis and using the Four Square.</i> - <i>Ask for ideas about helping with anxiety – doing lots of breathwork and not everybody likes it, lots of people have already tried it.</i> <p>Follow-up visit:</p> <ul style="list-style-type: none"> - <i>Need to review this from Phase 1.</i> <p>General:</p> <ul style="list-style-type: none"> - <i>Maybe ask my supervisor if there are funds available for me to do an online course or buy books on any of these practices</i>

<p>6. Summary and psychoeducation</p> <p>7. Intervention (including common behavioral interventions and use of fACT pillars - open, aware, engaged - and fACT tools such as Life Paths, Bullseye, Four Square, and Choice Point)</p> <p>8. Collaborative behavioral plan (Specific, Measurable, Attainable, Related to Values, Time-bound)</p> <p>9. Rating Scales</p> <ul style="list-style-type: none"> - <i>Confidence</i> - <i>Helpfulness</i> <p>10. Follow-up plan</p> <p>11. Recommendations to PCP and team</p>	<p><i>phase 1 we saw how to use it in a patient visit. I want to practice that with my trainer soon – before they come to the clinic in a few weeks.</i></p>	<p><i>I'm struggling with.</i></p>
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