

TOP TIPS FOR PRE-SPESC SUBMISSIONS

- To be able to teach a trainee how to consult in a patient centred manner, the trainer must understand and demonstrate this skill.
- Read the paperwork carefully. It contains all the information you need.
- You need to show evidence of patient centred consulting to progress to SPESC.
- Select your consultations carefully. Short, simple reviews or low challenge cases will not give you the opportunity to show patient centred consulting.
- Consultations do not need to be perfect.
- Use the logbook to reflect on your consultations. Insight and reflection about areas that have gone less well can show an understanding of patient centred consulting.
- Patient centred consulting usually involves exploring ideas, concerns and expectations along with sharing of management options.
- Not all aspects of patient centred consulting need to be evidenced in every consultation.
- **Remember, consultations do not need to be perfect and reflection in the logbook is considered in the feedback.**