

## **Group Consultation – FAQs**

**Q: What are Group Consultations?**

**A:** They are a way for you to join people with similar health issues and consult with your GP, nurse or health care advisor for longer. They are also known as group clinics or shared medical appointments for approximately 8-12 people. We are currently trialling this new method of offering you healthcare and welcome your feedback.

**Q: How will I benefit from a Group Consultation?**

**A:** People who have participated in Group Consultations say that they enjoy hearing from other people in a similar situation and having longer to talk about their worries. They say they enjoy sharing their concerns, what has worked for them and what doesn't but also hearing from other people's success. They report feeling a sense of belonging and that they are no longer alone in trying to manage their condition.

**Q: Can I still have a regular consultation with my GP or nurse if I feel I need it afterwards?**

**A:** Yes you can, if the clinician also feels you would benefit from a follow up appointment. You may also have other medical concerns which are not able to be addressed in the group which another member of the health care team can help you with. You can request an appointment for any additional health concerns in the usual way.

**Q: How do I join a Group Consultation?**

**A:** Your Health Care Associates or Nurse will let you know to book in when you have had the first part of your LTC review with them. You will be asked to book in at reception for one of the dates most convenient for you. You will also be sent a reminder closer to the consultation date.

**Q: Can I bring a friend or family member?**

**A:** Our group consultations have a limited capacity but if you have a carer or require additional support during consultations, do let our reception team know so we can accommodate this.

**Q: What happens in a Group Consultation?**

**A:** You will be welcomed by a group facilitator who will then go through some housekeeping items and will start the session by reminding everyone of the importance of keeping information confidential. They will then explain how the session will flow, and each member of the group will introduce themselves. You will have time to review and understand the results you have agreed to share such as blood pressure, BMI, peak flow etc and come up with questions for your clinician who will join the group and have one to one consultations with each member. During this time people often join in and share ideas and problem-solve together. The facilitator will wrap up after each person has had their turn discussing their results and medication with the clinician and have opportunity to set personal goals to help address any concerns.

**Following the session you may want to make a 1:1 appointment to go through anything you didn't want to share in the group situation or your clinician may want to arrange follow-up tests or referrals.**