



*Koestler prize winning painting by service user*

Forensic services

# Your CPA meeting:

Guidance for preparing your report -  
for patients, by patients

# About this booklet

This is a template aimed at giving the patient an idea of how to put together a structured report that will briefly cover all main issues relevant to the patient's health, treatment and recovery during the last six months.

## Introduction

The template is divided into three parts:

### **Part 1:**

This contains a short sentence where the patient is given an opportunity to select a phrase to best describe how, in their view, the last six months have been for them.

### **Part 2:**

This lists the various elements concerned with the patient's welfare, treatment and recovery. These issues will be addressed in part 3. The patient does not need to write anything in part 2.

### **Part 3:**

This part gives the patient the opportunity to fully express their views, opinions and feelings with regards to their treatment and care.

This is carried out by asking different questions - relevant to each of the issues listed in part 2, whereby the patient may answer as many questions as they find helpful and also add anything not mentioned in the questions.

## Part 1

Write out the following sentence, filling in the gap by using one of the phrases listed below:

“The past six months have been ..... for me.”

- a gradual improvement
- much the same as before
- difficult and challenging

## Part 2

In this part the various aspects of a patient’s care and treatment have been divided up under separate headings.

You do not have to write anything in part 2.

These will be the key factors that the patient will comment on in part 3:

1. Personal and mental issues and difficulties
2. Medication
3. Personal relationships
4. Groups and occupational therapy
5. Leave: grounds and community, escorted and unescorted
6. Input from doctors, nursing staff and occupational therapists
7. Personal requests
8. Any other issues

## Part 3

In part 3 the patient is invited to comment personally on each of the issues listed in part 2.

Remember, this is your 'bit' - feel free to say whatever you want.

It is important for you to express how you are feeling about your treatment, care and recovery and what you would like to be different.

### **A suggestion:**

You do not have to answer all the questions. They are designed as a guide to help you to put into words how you are feeling here in hospital, and about all areas of your life while being treated in hospital.

You may feel that some of the questions reflect your life more than others, and you might think of more and different issues, as well as the ones mentioned below.

### **1. Personal and mental issues and difficulties.**

*For example: Any dominant problem, in particular:*

- any issue that you have been struggling with, during the past six months?
- anything to do with mental illness that you have needed help and assistance with?
- any other similar issues?

## 2. Medication

*For example: Your views on the medication you have been prescribed -*

- Perhaps the effect your medication has on you.
- Your opinion on how you feel - whether anything needs to be changed in your medication.
- Any other similar issues.

## 3. Personal relationships

*For example: Any significant issues with regards to your relationships with your peers.*

- Are there any ways whereby these relationships have improved - or not? Anything to mention regarding your relationships with people on ground leave, or in general on community leave?
- Have your relationships with family and friends benefitted as a result of them visiting you? Or is there anything that you would like to say about these visits?
- Any other similar issues?

## 4. Groups and occupational therapy

*For example: Do you enjoy your groups?*

- Do your groups do the kind of thing you enjoy doing?
- Are they a burden to you?

- Do you feel you are doing the right amount of therapy sessions? Or do you feel you are doing too many – or too little?
- Any other similar issues?

**5. Leave: grounds and community leave, escorted and unescorted**

*For example: Do you enjoy your leave?*

- Do you feel supported enough by the nursing staff who accompany you on your leave?
- Do you feel you are allocated enough leave?
- Do you go to the sorts of places you are interested in visiting?
- Do you feel comfortable when meeting other people on ground leave, or with the general public on community leave?
- Any other similar issues?

**6. Input from doctors, nursing staff and occupational therapists**

*For example: Do you feel understood and supported by your doctor?*

- Do you feel able to talk to your doctor enough about your personal problems and difficulties?
- Do you feel supported and encouraged by the nursing staff on your ward?

- Do you feel able to talk to them about your personal dilemmas and issues?
- Are you encouraged and supported by the occupational therapists?
- Do they challenge you?
- Any similar issues?

## **7. Personal requests**

In this question you can put forward any requests that might have occurred to you while completing the above sections.

For example:

- asking for different and more concise help for your personal health regarding mental illness issues.
- any changes to your medication.
- requesting more or different leave.

## **8. Any other issues**

In this question you don't have to 'sum up' all of the above points. However, if there is anything else you would like to mention to the CPA - anything at all, then this is the best opportunity.

The only thing remaining is to hold your head high.

Remember ... this is your meeting and the staff are there because they care. You can take an advocate with you to the meeting if you would like to.

Every good wish to you and for your recovery!

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান  
তবে দয়া করে আমাদেরকে বলুন

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