



3-monthly diabetes consultation

Exploration of problems with DS and DFT

DS > 3

4DSQ

DS ≤ 3

Mild problems on 4DSQ

Moderate problems on 4DSQ with DFT ≤ 4

Watchful waiting

Moderate problems on 4DSQ

DFT > 4

Severe problems on 4DSQ

DFT 0 - 10

Consultation by phone

Referral to GP

Self-management support

Psychosocial problem

Strong emotional involvement

Problem Solving

1. Explanation of treatment and its rationale, formulation of problem list
2. Clarification and definition of problem
3. Setting achievable goals
4. Generating solutions
5. Choice of preferred solution
6. Implementation of the preferred solution
7. Evaluation

Reattribution

1. Problem definition
2. Linking cognitions to behaviour, (optional) by keeping a diary
3. Action plan

Extra consultation(s)