

Using the PRISMS form

This form is something you can fill in before you come for a consultation with your doctor or nurse.

It is to help you think about how well you are able to manage your health and what you need most help with.

It will be used by your doctor or nurse to help them find the right sort of support for you.

The form can be used by anyone so some items may not be a problem for the health condition you have.

What to do

Here is a made-up example of how to fill in the form.

This is a woman who is worried about her breathing. She does not have a problem with pain at the moment.

		Not a problem		Big problem
X	Shortness of breath	☺	_____	X ☹
	Pain	☺	X _____	☹

Put a cross in the box on the left to show up to 3 items you need most help with

Mark the line to show how much of a problem each item is for you

She feels that she is unable to get out and do the things that she would like to do. She would like some help with this.

X	Getting out and doing things that you enjoy	☺	_____	X ☹
	Sexual problems	☺	X _____	☹