

## Questions to Elicit the Client's Explanatory Model

These questions are a suggested framework to discover important beliefs your patient may have about their illness or injury. These beliefs may affect any/all aspects of patient care, from understanding the cause of ill health to compliance with treatment. They may also explain behaviours and attitudes of the patient and/or family for which reasons are not immediately obvious. The Models of Health and Illness section in *Guidelines to Practice* provides more detailed information.

- ⊙ What do you think has caused your problem?
- ⊙ Why do you think it started when it did?
- ⊙ What do you think your sickness (or injury) does to you? How severe is your sickness (or injury)? Will it have a short or long course?
- ⊙ [For chronic diseases] How has your illness changed over the past week/month/year?
- ⊙ What have you been doing or taking so far for this sickness (or injury)?
- ⊙ What kind of treatment do you think you should receive?
- ⊙ What are the most important results you hope to receive from this treatment?
- ⊙ What are the chief problems your sickness (or injury) has caused you?
- ⊙ What do you fear most about your sickness (or injury)?

*Adapted from Queensland Program of Assistance to Survivors of Torture and Trauma - based on Fitzgerald, 1992*

