



Actions for Engagement

See how each of these engagement prompts might look in practice...

PTO →

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Patient-Centred January

5

Recall a patient where understanding their “why” changed care.

6

Read one short article on patient-reported outcome measures and note one idea to trial.

7

Adjust your subjective assessment to uncover motivation earlier.

1

Set one personal intention for keeping patients’ goals central this year.

2

Identify one habit that could shift from clinician-driven to patient-led.

9

Update one section of your personal development plan focused on communication.

12

Ask a colleague how they establish shared outcomes.

13

Practise summarising patient goals in their own words.

14

Add a notebook prompt: “What does this patient value most?”

15

Scan one guideline or review on goal-setting; highlight one actionable line.

16

Notice assumptions you make about patient priorities.

19

Co-design a small, achievable plan with one patient.

20

Share one insight with your team or a professional community.

21

Look up one patient-reported outcome measures relevant to your population and note admin time.

22

Reflect on a key consultation and consider how decisions were made.

23

Watch a 15-minute resource on communication or Motivational Interviewing.

26

Search one term related to patient-centred outcomes and capture one insight.

27

Reflect on how patient voices influenced your practice this month.

28

Add a patient-centred focus to your CPD plan.

29

Begin a session by inviting the patient to define success.

30

Explore resources from an educator or supplier that support shared decision-making.

Creating space for learning to evolve, connections to form, and practice to continually strengthen.



MONDAY

TUESDAY

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5

Engagement improved when treatment focused on returning to gardening rather than limb volume alone.

6



Trial the Lymphedema Life Impact Scale (LLIS) during initial assessments for one week.

7

Include the question, "What would success look like for you?" early in the consultation.

1

Ask every new patient, "What matters most to you over the next six weeks?"

2

Begin assessments with a values-based question before clinical measures.

8

Contact a compression supplier's clinical advisor to address comfort and adherence challenges.

9

Add motivational interviewing practice as a Quarter 1 learning goal.

12



Send a colleague a short message asking, "How do you help patients articulate their goals?"

13

Repeat back to a patient, "Your priority is reducing heaviness so you can walk the dog again."

14

Write "What does this patient value most?" and use it during three assessments this week.

15



Note guidance that emphasises goals being co-created rather than clinician-directed.

16

Ask directly rather than assuming appearance or limb size is the primary concern.

19

Invite the patient to choose which self-management task to begin with.

20

Post, "Asking 'why now?' helped clarify patient goals today."

21



Learn that the quality of life measure for limb lymphoedema (LYMQOL) takes ~10 minutes and is feasible for initial consultations.

22

Write one sentence answering, "Did I lead, or did we collaborate?"

23



View a 15-minute video over lunch and note one strategy to use the next day.

26

Note that patient priorities often change over time and benefit from regular review.

27

Write, "I asked more open questions and allowed patients more space to speak."

28

Plan to practise three shared goal statements per week in February.

29

Ask, "If we meet again in four weeks, what would tell you this has been helpful?"

30

Request a patient-friendly resource that supports compression adherence.

These examples illustrate practical ways engagement may show up in day-to-day practice. Adapt them to suit your patients, setting, and role.



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