

Below you will find some suggested guidance for assisting you to engage patients in the Just a Thought courses and support them with their learning.

1	<p>Identify if the patient is suitable for a Just a Thought course</p> <p>A patient is likely to benefit from an online course if they:</p> <ul style="list-style-type: none">• are interested and motivated to learn how to help themselves manage their symptoms• have access to online course materials (eg reliable internet connection, access to e-mail) and are comfortable navigating the web (it's helpful to check this with the patient)• understand why they were prescribed this course and how it might benefit them• feel encouraged by their healthcare provider to complete this course. <p>NB: Enrolment in the online course should be delayed for patients who are suicidal or acutely unwell. Regular prescribing of benzodiazepines is discouraged for people accessing Just a Thought due to interference with cognitive processes and the development of self-management skills. When these medications are prescribed 'as required' (PRN) it is worthwhile considering with the patient how they can begin to utilise and rely upon the self-management skills they will be learning as they move through the courses.</p>
2	<p>Introduce the Just a Thought course best suitable for your patient's needs</p> <p>For appropriate patients, you could say: "There's an online course that teaches you important skills and strategies to manage [patient's symptoms] and could help you work through your difficulties to improve how you're feeling. You can access it on your computer or smartphone, so you can do it from home. It's not a quick fix, but if you stick with the course, there's a good chance it will help you. I can e-mail you a prescription with instructions for how to access the course."</p>
3	<p>Email a prescription</p> <p>Log in to your Just a Thought clinician account and fill out a quick online form. This will send your patient a unique registration link. After your patient has registered they will be connected to your dashboard. From your dashboard, you'll be able to track the patient's progress.</p>

4	<p>Explain how it works</p> <p>Ask your patient to click on the link in the prescription email they receive from you to start the online registration and begin the course by following the on-screen instructions.</p>
5	<p>Provide clinical supervision</p> <p>When you provide your patient with a prescription for a ‘supervised’ course, the patient remains in your clinical care. We recommend scheduling regular consultations as they do the course, especially if their questionnaire scores (eg K10, PHQ9, GAD7) are in the moderate-severe range. People scoring in the mild range can often be left to work through the course themselves. However, occasional phone support or touching base in clinic may assist in maintaining engagement and help you better monitor their progress and review treatment.</p> <p>People in the severe range will need considerable support, which might include weekly reminder phone calls, additional consultations, and the use of medication and/or consultation with allied health staff.</p>
6	<p>Review patient progress reports</p> <p>Just a Thought courses are typically 6 lessons long and your patient has 90 days to complete the lessons. You will receive automatic emails about your patient’s progress every time they complete a new lesson. Prior to each lesson, your patient will complete a K10 (distress) questionnaire. If the K10 score is 30 or above (the severe range), you and the patient will receive an automatic email notification, and you should contact your patient for assessment or ask the patient to return for an urgent review.</p>
7	<p>Offer regular contact</p> <p>A brief weekly reminder phone call/email/voice or text message to patients completing an online course leads to much better adherence to treatment, which can lead to better outcomes. Just a Thought has provided a script guide that clinicians (or whoever will be making check-in contact) can use.</p>

Feedback to support@justathought.co.nz is greatly appreciated, we’re always keen to improve Just a Thought.