

Problem Solving the Side-effects

(adapted from: Gray R (2003) Concordance Skills Manual. London: Institute of Psychiatry)

It is very helpful to discuss specific problems with psychiatric medication, such as unwanted side-effects, using a problem-solving approach.

This will involve asking you to order the unwanted side-effects you experience in order of how distressing or troublesome they are to you, choosing one unwanted side-effect to focus on, and, with the help of your named nurse or doctor, use a problem-solving approach to agree a goal / objective and form a detailed plan of how to achieve it.

It is usually helpful to write out the steps of this plan as you work through the steps of problem-solving – *as shown below*.

Problem Solving the Side Effects

What unwanted side effects of psychiatric medication do you experience? Put these in order, from most distressing to least distressing side effects.

What is the problem side-effect you'd like to work on? How severe / intense is it? How often does it occur? When it occurs, how long does it last? How does it affect you? What helps you to cope with it?

What is your goal?

List all the possible solutions for achieving your goal

What are the not so good and good things about each solution?

Solution

Not so good

Good

What is the best solution?

Action Plan

Review date: