

My care and support review

Use before a peer discussion, supervision or care review. Keep any patient information within established authorised systems. Focus on one clinical question and one change that supports sustainable care.

Date / period: _____

Safety first. Urgent patient risk requires appropriate assessment and action; a reflective sheet or routine referral is not an emergency response. Doctors can contact Drs4Drs on 1300 374 377 for support. Call 000 if you or someone else is in immediate danger. If health or fatigue may compromise safe care, seek prompt independent advice and arrange appropriate clinical cover.

1. What needs clinical attention?

Note the question, current risks, progress and uncertainties.

2. What am I noticing in myself?

Consider worry, frustration, fatigue and needs for your own care.

3. What needs a clearer boundary or shared role?

Identify contact arrangements, workload or responsibility to clarify.

4. Who will I involve for support?

Choose supervision, team review, specialist advice or your own GP.

5. What changes next, and who follows up?

Record an action, review point and any continuity arrangements.

Is the patient clear about ongoing care, and have I made room for the support I need?

If this sheet includes patient information, store and share it through your established secure clinical systems. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/sustaining-care-when-progress-is-slow/>