

*This guide has been produced by the National Axial Spondyloarthritis Society as part of the Aspiring to Excellence programme.*

Hospital logo



## Guide to using a Focus Form

### What is a focus form?

Focus forms can be used to prepare for an appointment with a health care professional. It enables people to feel empowered in the management of their condition and be actively involved in decision making.

### Benefits for the person living with Axial SpA

The form empowers the individual to be an equal partner in the consultation, recognising their expertise in living with the condition.

Prior to an appointment, a person living with Axial SpA can take time to think about:

- what is going well
- what they would like to talk about during the consultation
- what they are hoping the outcome to be

They can discuss the form with friends and family which can be particularly beneficial in the current climate where often appointments have to be attended alone or may be online

It helps to create a positive mindset and recognises the assets people have.

### Benefits for the health care professional

Focus forms can help health professionals to make sure that they make the most of their time with their patients.

- People arrive at the appointment prepared and focused which optimises the clinic time
- Once the form has been discussed, and what is important to the individual has been acknowledged clinical reasoning is used as appropriate. This enables the consultation to be collaborative.
- Supports the Shared Decision making agenda and reflects best practice.

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