3-monthly diabetes consultation

Exploration of problems with DS and DFT

- DS ≤ 3
  - Mild problems on 4DSQ
  - Watchful waiting

- DS > 3
  - 4DSQ
  - Moderate problems on 4DSQ with DFT ≤ 4
  - Severe problems on 4DSQ with DFT 0 - 10

- DFT > 4
  - Moderate problems on 4DSQ
  - Consultation by phone
    - Referral to GP

Self-management support

- Psychosocial problem
- Strong emotional involvement

Problem Solving
1. Explanation of treatment and its rationale, formulation of problem list
2. Clarification and definition of problem
3. Setting achievable goals
4. Generating solutions
5. Choice of preferred solution
6. Implementation of the preferred solution
7. Evaluation

Reattribution
1. Problem definition
2. Linking cognitions to behaviour, (optional) by keeping a diary
3. Action plan

Extra consultation(s)