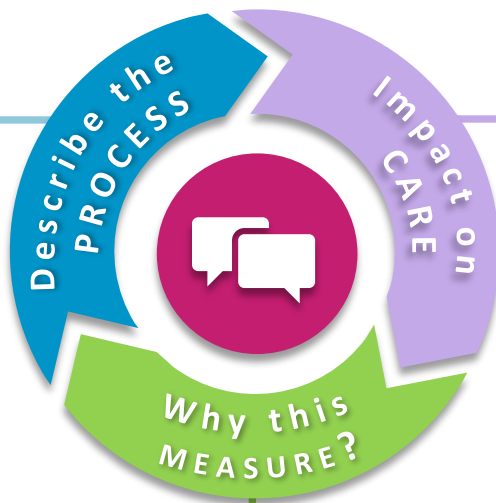


MBC basics

PARTNERING: HOW TO EXPLAIN THE MBC RATIONALE TO CLIENTS



Explain the Collect, Share, Act process.

- how often the measures will be repeated
- who will have access to the information

Elicit & answer questions.

"I like to hear from you, in your own words, but I also like to have another way to guide our understanding of how you're doing. This will help us see where we're starting from and help us track progress. So, this is a tool we'll repeat each session." (or whatever frequency is appropriate for your setting)

"We'll score this together and review it each time."

"This is part of your medical record, just like blood pressure readings."

MBC provides a foundation for:

- meaningful conversations about individualized goals
- collaborative development of treatment plans
- assessment of progress over time
- Informed, collaborative decisions about changes to the treatment plan

"We're committed to making sure that treatment is working for you. This is one way to keep track of that."

"In addition to everything else we discuss, the scores help us talk about what's working and what may need to change for you to feel improvement."

"We'll use this to target goals that matter to you and to track progress on them."

"These forms will help us keep track of the areas where you're doing well, your strengths."

Why are you using each particular measure?

Explain how each measure you've chosen is relevant to the client and their goals/treatment. Where possible, engage the client in the decision.

"This form asks about symptoms of _____, which are things you've said you've been experiencing. It will help us track where you're at with each symptom and help us decide which one(s) to focus on."

"This form asks about different areas of life people with _____ often struggle with. It will help us see where you're at with these and help us decide on our treatment plan."



Measurement-Based Care is patient-centered care.

How you introduce MBC impacts treatment engagement. Clearly explaining the rationale and process is a way to develop a partnership and informs the client how you'll use the process to work together over time. Your introduction to MBC impacts:

- the client's degree of investment in the process,
- the quality of the data you collect,
- the effectiveness of your collaboration.