PCDS Mental Health Hub

Language matters

MCQ Answers

Novo Nordisk has provided sponsorship to the PCDS to cover the costs of the development and hosting of the PCDS Mental Health Hub. The PCDS Mental Health Hub is designed to provide digestible, easy to access information through peer-led videos, linked CPD and printable HCP/patient reference sources to promote optimal care. Novo Nordisk has had no influence over the creation, development or content of these mental health e-learning modules and full control remains the full responsibility of the PCDS.

PCDS
Primary Care Diabetes Society

Which statement is not true?

1. Diabetes is a complex and challenging condition
2. Diabetes has many factors and influences that may be very individualised
3. Now a days diabetes doesn’t have a stigma of blame or disability that may contribute to stress, shame and judgement
4. A person-centred approach with engagement of the person with diabetes will help achieve better care
5. Use language that empowers and encourages motivation with reinforcement at each consultation

Which answer is not correct?
For an ideal interaction, the consultation should always be:

1. Formal
2. Non-confrontational
3. Proactive and interactive
4. Educational
5. Holistic (looking at the person and other health/social/emotional issues)

Choose the correct answer.
Evidence-based behaviour change should not:

1. Improve understanding of short, medium and long-term consequences of health-related change
2. Build confidence and ability to make changes
3. Plan changes in easy steps over time
4. Encourage self-regulation techniques (monitoring, review, goal adjustment)
5. Discourage engagement of support from others

Choose the correct answer.
To achieve behaviour change it is important to address:

1. The knowledge of the person
2. The different levels and types of goal setting
3. Barriers that may interfere with progress
4. Social/group support
5. Time management
6. All of the above