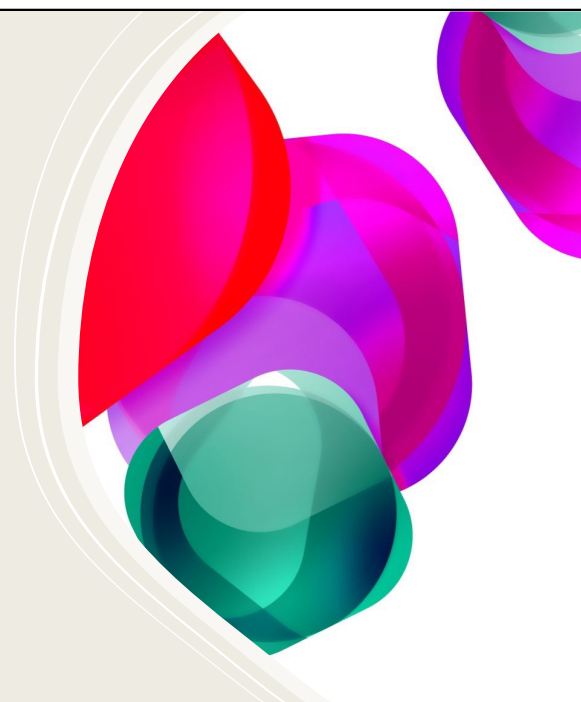


Neuroinclusive 10-Minute GP Appointments

**Simple Checklist Slide
Deck for GPs, Nurses &
Primary Care Staff**



Make 10-min appointments work for everyone

Neuroinclusive = clear, calm, choice-focused care.

Assume differences, not difficulties.

Benefits: Better understanding, less repeat visits.



This slide introduces the purpose: making short GP appointments accessible for neurodiverse patients (e.g., autistic, ADHD, dyslexia).

Neuroinclusive means adapting communication and environment without assuming deficits; focus on clarity and choice.

Benefits include fewer misunderstandings, better outcomes, and shorter repeat visits.

“These slides give a simple structure to fit neuro-inclusion into your usual 10-minute flow.”



Before You Start

Quick prep (30 seconds)

Check flags/notes on access needs.

Mindset: "How can I make this easier?"

Prep takes seconds but sets a positive tone.

"Flags/notes" might include patient preferences from booking (e.g., "prefers written summaries").

The mindset shift avoids judgment; treat it as universal good practice.

"Start with curiosity: everyone processes information differently, so make it easy for all."

Opening (2 mins)

Set the structure

Introduce: "I'm Dr [Name]. 10 mins today."

One question: "What do you most need help with?"

List issues, agree top 1-2 priorities.



Structure reduces anxiety; patients know what's coming.
The single open question uncovers priorities without overwhelming.
If 3+ issues arise, visibly list and co-prioritise to manage time.

"This front-loads rapport and agenda-setting, leaving room for the main discussion."

During (6 mins)

Keep it clear & calm

Plain language, one question at a time.

Allow silence for thinking.

Signpost: "Now about your sleep..."

Sensory check: Noise low?



Neurodiverse patients may need more processing time or literal language; silence isn't awkward, it's thinking space.

Signposting prevents confusion during topic shifts.

Sensory tweaks (e.g., dim lights) are low-effort but high-impact.

"One question at a time keeps focus; check-ins confirm you're aligned."

Ending (2 mins)

Summarise & offer choice

Recap: "Today: 1) ... 2) ... 3) ..."

Clear steps: Yours, theirs, red flags.

Choice: "Book follow-up now? Wait & contact us? Other option?"



Recap reinforces memory; bullet points aid retention.

Explicitly state actions (tests, self-care, safety-netting) to avoid ambiguity.

Offering choices empowers patients (e.g., immediate booking vs. self-refer).

"End with clarity: they leave knowing exactly what happens next, reducing worry."

Quick Tick-Box

Use in your notes

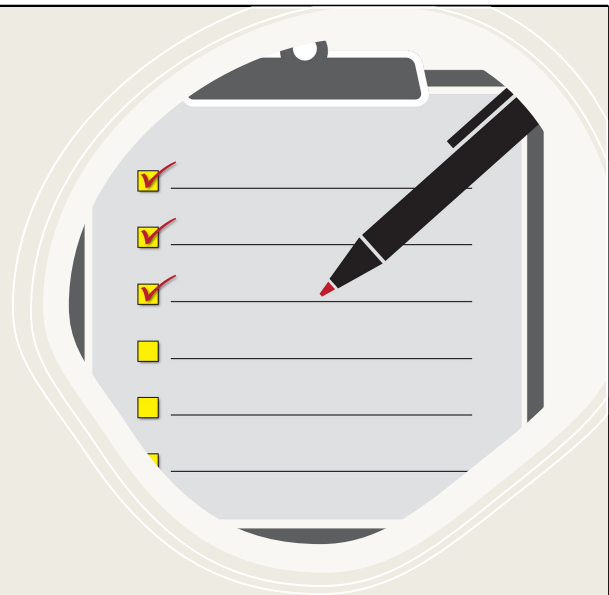
Clear language & pauses.

Signposted structure.

Verbal summary + follow-up choices.

Patient knows next steps.

Print & laminate for your desk!



This is your post-appointment self-audit; jot ticks in notes or on a laminated copy.

It reinforces habits over time.

Encourage printing for desks or bags.

"Use this daily; it'll become second nature and improve every consultation."