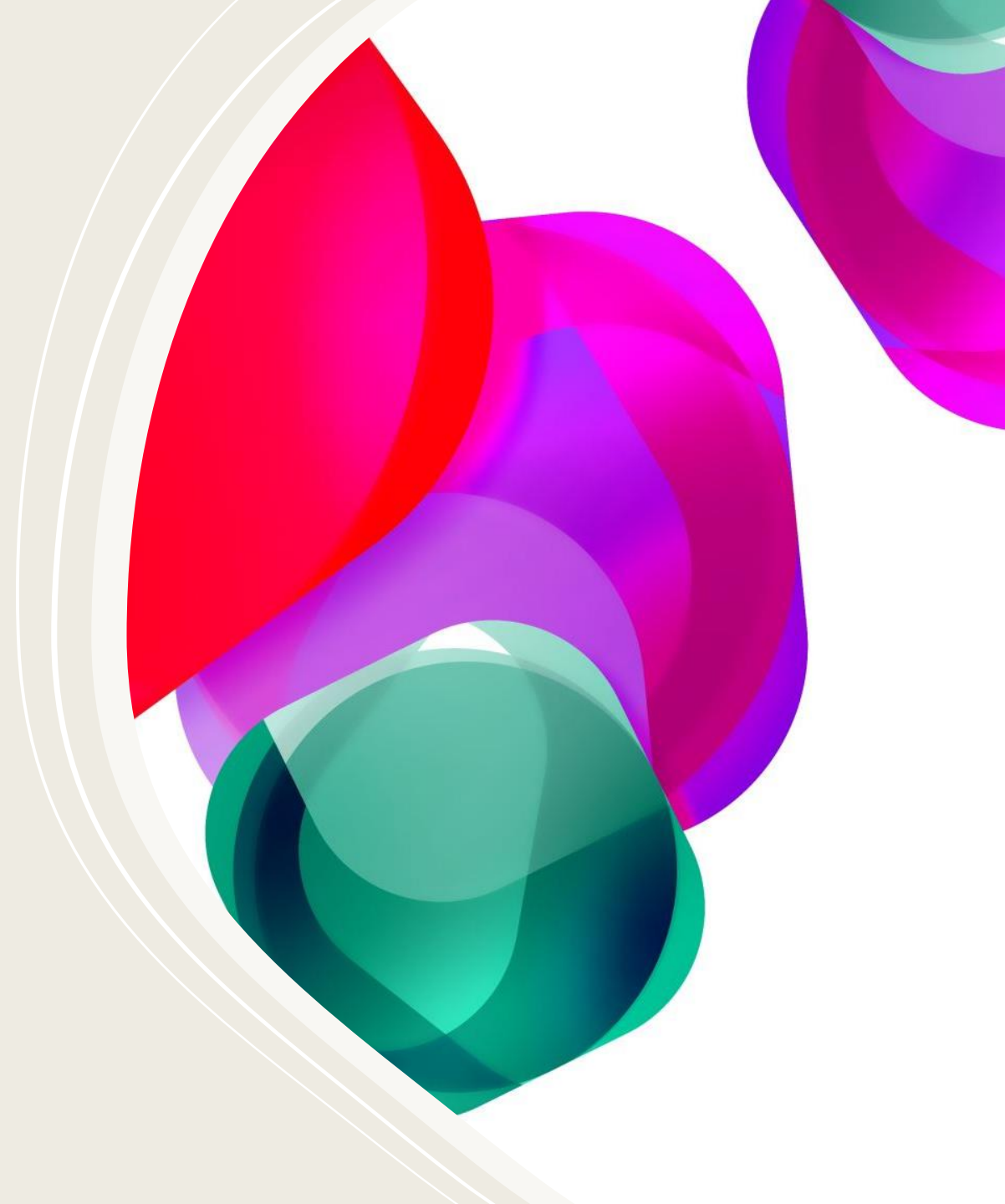


Neuroinclusive 10-Minute GP Appointments

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.





Before You Start

Quick prep (30 seconds)

Check flags/notes on access needs.

Mindset: "How can I make this easier?"

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.



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?



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?"



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!

