

Questions to Stimulate Discussion on Patient History

The Culture and Health-Belief Assessment Tool (**CHAT**) can be used in a wide variety of clinical settings, with patients from any ethnic or cultural background. The questions listed in CHAT are intended to:

- ▶ Stimulate discussion
- ▶ Provide a greater understanding of the patient's health-belief model, health practices, and expectations for treatment.

The power of **CHAT** is its universality. The questions serve to open windows into the subtleties of the patient's history that will ultimately improve quality of care.

Culture and Health-belief Assessment Tool (CHAT):

When appropriate, I have discussed the role of the interpreter with both the interpreter and the patient.

What do you think caused your illness?

Why do you think your illness started when it did?

What does your illness do to you? How does your illness work?

How bad (severe) do you think your illness is? Do you think it will last a long time, or will it be better soon, in your opinion?

What do you fear most about your illness?

What are the chief problems that your illness has caused for you?

When you have a problem, whom do you turn to for help?

For your future care, who would you like to be involved?

What have you done to treat your illness?

What kind of treatment do you think you should receive?

What are the most important results that you hope to receive from treatment?

Is there anything that might conflict with your treatment regimen?

Are you feeling uncomfortable or uncertain about what we have decided?