

VETERANS Lens — Sample questions

Below are some sample questions/examples that could be asked during consultation. By using an autofill function in your clinical software, these can easily be recalled.

Values and culture

Tell me about your ADF experiences?

Were you exposed to any frightening or traumatic events during your time?

Since we last spoke is there anything else about your time in the ADF you would like to tell me about?

It might seem odd that I ask you about this now, but me knowing you are a veteran helps me to tailor my care to your needs.

Exposures: ears, eyes and other occupational exposures

Can you identify any occupational hazard or exposures you had during your time in ADF?

Do you know of any common health issues with your former colleagues?

What are the typical occupational exposures that might not be good for your health in your role with ADF?

Have you noticed any hearing issues?

Have you noticed any vision issues?

Transition

Tell me about your transition process, how did your transition come about?

Was your transition voluntary or non-voluntary, any medical aspects?

Transitioning from ADF to civilian life can be hard, how do you think this going for you?

Any frustrations or concerns about your transition process?

I am available to hear your concerns, if not now then future appointments.

We can catch up regularly to see how you are doing.

Emotional history: mental health, wellbeing, connectedness

It is important to identify any issues with mental health early so I have some screening questions to ask you.

We know mental health issues can be under reported, I would like to ask you some screening questions.

Last time we spoke, you mentioned a few things that can be related to Mental Health. If it is ok, I think we should explore this further.

[K10](#), [DASS 21](#), [GAD-7](#), [PC-PTSD](#)

Suicide / Harm

Sometimes when people feel down or overwhelmed, they think about death, their own or someone else, has this happened to you?

Are they thoughts of hurting or killing yourself?

Any thoughts of hurting or killing others?

Those thoughts, can you describe them?

Are they fleeting or intrusive, hard to ignore?

Do you have any plans on how you might harm yourself?

Have you ever attempted?

What do you think stops you?

Is there something that is protecting you or stopping you from going ahead with your plan?



Medcast

Review of usual medical care including sexual health

Tell me about your past medical history.

Any surgeries, injuries or medical conditions being monitored over time?

Have you had any concussions in the past?

Do you have a new or different sexual partner recently, have you considered STI screening?

Do you have sex with men, women or both?

Have you ever had STI screening?

(Female) Is your cervical screening test up to date?

Alcohol and substance use

Audit-C

CAGE

Have you ever felt like your alcohol intake / substance use is an issue?

Has anyone else said it might be an issue?

What do you know about recommended alcohol intakes?

Do you use alcohol or other drugs to help you forget or to feel better?

Navigating the system

Sometimes getting medical care outside ADF can seem confusing, is there anything you would like to ask me about?

If I suggest a management plan that you don't know how to implement, please let me know?

Accessing care as a veteran can seem tricky, lets look at what is available to you.

Supports: social and resources

Have you heard of any resources DVA has available?

Do you have any contact with other veterans?

Have you access any DVA resources in the past?

Are you interested in what resources might be available to you?

Printable Lens: https://medcastresources.blob.core.windows.net/resources/lxp/VETERANS_Lens.pdf

For more information, visit: www.medcast.com.au/veterans-health

