

Team formulation

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. What is the traditional form of formulation?

- a) Individual
- b) Team
- c) Virtual
- d) Psychotherapy

2. Which statement is false?

- a) Formulation can be used as an alternative or adjunct to psychiatric diagnosis
- b) Formulation involves making a hypothesis or 'best guess' about what factors have led an issue to develop and what factors are keeping it going
- c) The terms 'diagnosis' and 'formulation' are interchangeable
- d) Formulation does not seek to categorise experiences but rather to understand, explain and resolve them in their unique context

3. In the 5Ps model, what are precipitating factors?

- a) Recent events or experiences that might have led to the development or worsening of a problem
- b) Strengths, skills or assets that mitigate or could reduce a problem
- c) Historical influences that increase a person's vulnerability to problems
- d) Issues that maintain a problem, make it worse or reinforce it

4. Formulation can be used to:

- a) Generate ideas for appropriate interventions
- b) Indicate the need for systemic changes where contextual factors are driving a person's issues
- c) Identify links between a person's past and present
- d) All of the above

5. Which of these is not a function of team formulation?

- a) Sharing and organising information
- b) Imposing restrictions on service users in response to behaviour that challenges
- c) Encouraging staff reflection on their own emotions and their relationship with the service user
- d) Engendering compassionate understanding

6. Team formulation meetings are most often facilitated by:

- a) A medical consultant
- b) A clinical psychologist
- c) A healthcare assistant
- d) The service user

7. Which of the following has not been identified as a potential benefit of team formulation?

- a) Improving staff understanding of service users
- b) Recognising and reducing frustration
- c) Eliminating power imbalances between service users and staff
- d) Engendering hope in treatment plans

8. Which statement is true?

- a) Clients must be present at all discussions about their care, even if they do not wish to be
- b) Clients should not be involved in discussions about their care if their perspectives on issues and solutions are significantly different from staff perspectives
- c) Clients may or may not be present at all or part of discussions about their care
- d) Team formulation is focused solely on staff perspectives and must not involve the client

9. If a service user does not want to be involved in a discussion about their care, the team should:

- a) Have these discussions with their family members and friends without the person's explicit consent
- b) Reflect on what might be beneficial for the individual and use this to plan effective care and support
- c) Implement a standardised care plan that does not consider the person's individual needs
- d) Consider transferring them to another ward or service

10. Which of the following is a potential barrier to implementing team formulation?

- a) Having insufficient staff and allocated time for discussion
- b) Staff members feeling unsure about sharing their emotional experiences
- c) Moving from a clear, shared understanding to an intervention plan may not always be straightforward
- d) All of the above

How to complete this assessment

This multiple-choice quiz will help you test your knowledge. It comprises ten multiple choice questions broadly linked to the previous article. There is one correct answer to each question.

You can read the article before answering the questions or attempt the questions first, then read the article and see if you would answer them differently.

You may want to write a reflective account. Visit rcni.com/reflective-account

Go online to complete this multiple-choice quiz and you can save it to your RCNi portfolio to help meet your revalidation requirements. Go to rcni.com/cpd/test-your-knowledge

This multiple-choice quiz was compiled by **Alex Bainbridge**

The answers to this multiple-choice quiz are:

1. a, 2. c, 3. a, 4. d, 5. b, 6. b, 7. c, 8. c, 9. b, 10. d

This activity has taken me ___ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent Good Satisfactory Unsatisfactory Poor

As a result of this I intend to: _____

