



The HOPE Note Template

The following questions are used to guide the conversation between you and the patient during the HOPE consultation. Other questions can be added and personalized for each patient based on the individual's personality, readiness to change, and circumstances.

Mind and Spirit

These questions address the patient's goals for healing—their desires, beliefs, and needs. They are designed to reveal what the patient finds meaningful, what motivates them, and what provides them with a sense of well-being. In other words: "What matters?" versus "What's the matter?"

1. Why do you seek healing? What do you want to happen through health care?
2. What are your plans and aspirations in life? What is your purpose? What do you find to be your most meaningful daily activities?

Social and Emotional

Social support is salutogenic. Healing and disease are intertwined with personal relationships and social support networks, including family, friends, and colleagues. With these questions, you are trying to capture the interpersonal components of the individual's daily life.

1. How is your social support? What are your social connections and relationships?
2. Do you have family and friends with whom you can discuss your life events and feelings? Could you comfortably call up someone tomorrow if you needed their help? Are there people you have fun with? How often?
3. Have you had any major social or physical traumas in the past? What was your childhood like? (This must be approached delicately, often prefaced with an explanation as to why it may be important to explore adverse childhood experiences.)
4. Tell me about your family and friends? Do you have someone you talk with in confidence and trust?



Behavior and Lifestyle

Behavior and lifestyle can impact up to 70 percent of chronic illnesses; therefore, healthy behaviors are essential for creating health. But behavior change must be connected to what is meaningful for the person or it cannot be sustained. These questions provide a snapshot of the patient's lifestyle which, when coupled with the patient's motivations, provides a path forward for change.

1. What do you do for stress management? How do you relax, reflect, and recreate?
2. Do you smoke or drink alcohol or take drugs? If so, how much?
3. How's your diet? (Describe your last breakfast, lunch, and dinner)
4. Do you exercise? If yes, what types and amounts?
5. How is your sleep (quality and hours)? Do you wake refreshed?
6. How much water, sugary drinks, and tea or coffee do you drink?
7. Do you use complementary and alternative medicine? Do you take supplements?

Environment

The safety and security of one's physical environment plays a greater role in health than many of us are aware. For instance, an unsafe neighborhood could prevent someone from going on walks. A noisy apartment building along a busy road can aggravate asthma and other pulmonary conditions, as well as produce stress and lack of sleep.

1. What is your home and work environment like?
2. Is there a place at home where you can go and feel joyful and relaxed?
3. What is your exposure to light, noise, clutter, music, colors, and art?
4. How much contact with nature do you have?
5. What is your exposure to toxins, especially heavy metals or endocrine disrupting chemicals?

Before ending the visit, I summarize the top three items that emerged from the conversation that the patient would like to work on by saying: "This is what I've heard. Is this right?" I then ask them to email me with what we have discussed and what are their top three items for action.