# Structured problem-solving module

## Overview

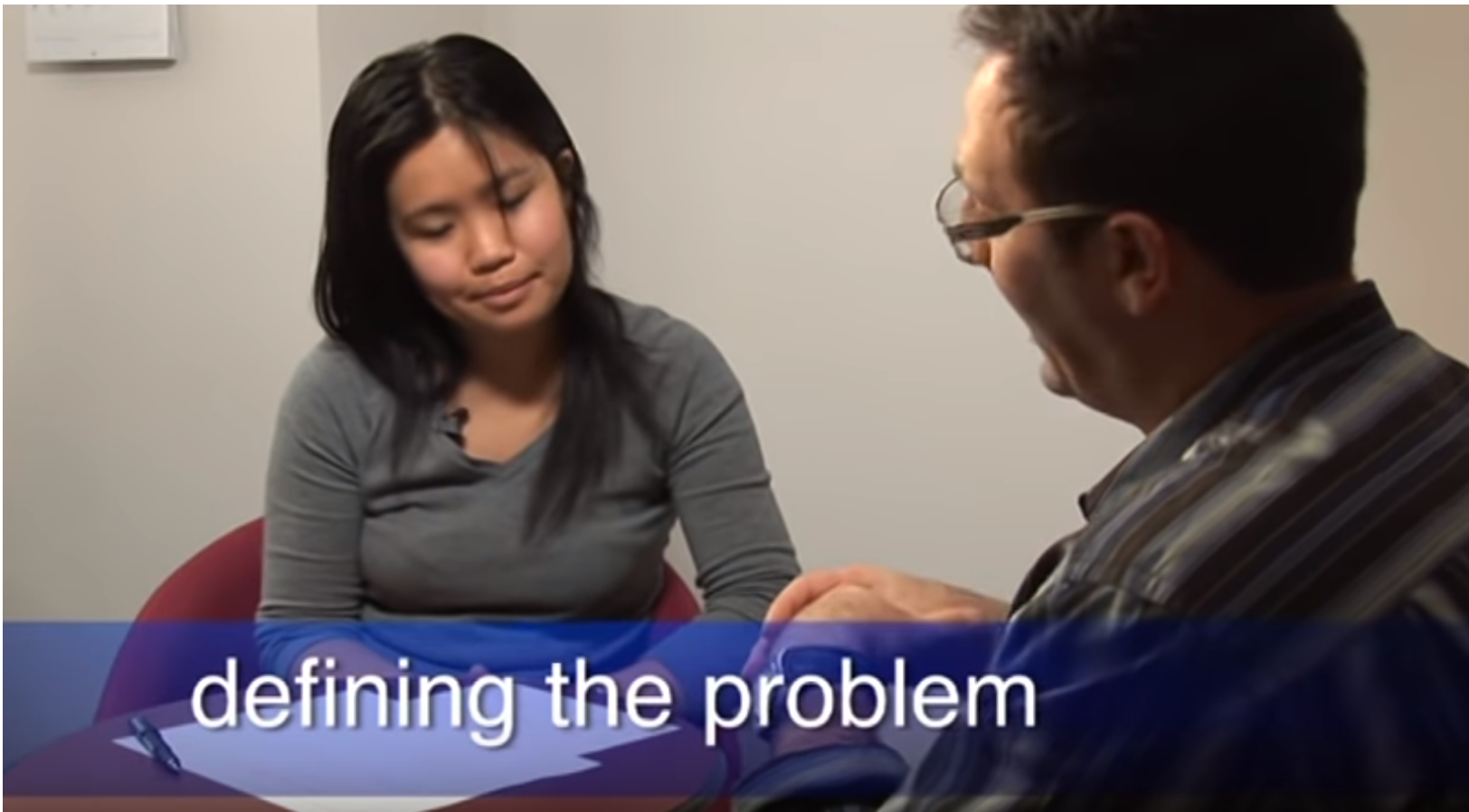
We all face problems in life and structured problem solving is a proven approach that many people have found helpful for working through difficult problems no matter what it is. As a health professional this is a simple yet effective tool that you can use yourself and teach your patients.

## Learning objective

Describe the structured problem-solving technique and to be able to use it effectively with clients.

## Facilitator notes

* This short module should take 15 minutes to deliver.
* Prepare the handouts depending on the number of people attending the session.
* There is an optional video that describes the structured problem solving process. It takes 9 minutes and can be shown at the end of the session if time allows.
* Video can be accessed here <https://www.healthnavigator.org.nz/videos/s/self-management/structured-problem-solving/>



<https://youtu.be/iCoPbbLQ5m4>

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| Topic & time | Activity description and facilitator guide | Resources |
| Structured Problem Solving  Activity  (Allow 15 mins) | **Describe structured problem solving including the following key messages:**   * structured problem solving is a proven approach that many people have found helpful for working through difficult problems. * Structured problem solving (SPS) is a skill you can learn that helps you to step back and look at your problems, in a clearer, more structured way. * It’s a “thinking skill” that can help you take control of your problems and gives you a roadmap to work through them. * Structured problem solving can be done on your own, with someone else or as a small group. The aim is to clearly define the problem and then work together to generate ideas and solutions. * This is one of the most useful self-management skills that you can teach your patients.   **Activity** –   * Ask the group to work in pairs * Give each person a set of problem-solving handouts * Ask the participants to choose a problem that they would like to work through * Using the ‘problem solving’ work sheet, take five minutes each to work through their problem, then swap * Follow the process through to step 4   Facilitator leads a discussion about how the technique could be used in practice. | Problem solving pages from Take Charge |

Handout: <https://www.healthnavigator.org.nz/media/7650/problem-solving-17may19-interactive.pdf>

For additional modules, visit: add url