

Command	What it does	When to use it	Client facing safe
/TLDR	Summarizes a long text in a few lines	Fast understanding of long reports or bundles	Yes
/STEP BY STEP	Breaks reasoning into clear logical steps	Planning and complex reasoning	Internal only
/CHECKLIST	Converts content into a checklist	Audits and compliance	Yes
/EXEC SUMMARY	Creates a concise executive overview	Deputies and solicitors	Yes
/ACT AS	Adopts a professional role	Drafting in professional voice	Yes
/BRIEFLY	Produces ultra short answers	Quick reference	Yes
/AUDIENCE	Adapts language to audience	Client or professional outputs	Yes
/TONE	Adjusts writing tone	Emails and reports	Yes
/PM MODE	Applies project management structure	Case coordination	Yes
/FORMAT AS	Forces specific format	Tables and trackers	Yes
/COMPARE	Side by side comparison	Equipment and provider choices	Yes
/ROLE TASK FORMAT	Defines role task and output	High precision prompts	Yes
/REWRITE AS	Rephrases text	Polishing drafts	Yes
/PITFALLS	Identifies risks and errors	Quality checking	Internal only
/METRICS MODE	Uses measures and indicators	Outcomes and monitoring	Yes
/GUARDRAIL	Sets strict boundaries	Data protection and scope	Yes
//JARGON	Uses technical language	Professional audiences	Use with caution
/MULTI PERSPECTIVE	Shows multiple viewpoints	Complex decisions	Internal only

/SCHEMA	Builds templates and models	Forms and trackers	Yes
/CONTEXT STACK	Maintains layered context	Long cases	Internal only
/FIRST PRINCIPLES	Builds reasoning from basics	Difficult judgement calls	Internal only
/DELIBERATE THINKING	Forces slower reasoning	High risk decisions	Internal only
/NO AUTOPILOT	Prevents superficial answers	Critical accuracy work	Internal only
/SYSTEMATIC BIAS CHECK	Checks for bias	Neutrality review	Internal only
/PARALLEL LENSES	Multiple angle analysis	Stakeholder decisions	Internal only
/SWOT	Strategic analysis tool	Service review	Internal only
/BEGIN WITH END WITH	Forces fixed opening or closing	Formatting control	Yes
/REFLECTIVE MODE	Self reflection on output	Learning	Internal only
/EVAL SELF	Critical self evaluation	Learning	Internal only
/DEV MODE	Raw technical output	Not recommended	No
/CHAIN OF THOUGHT	Shows internal reasoning	Avoid in outputs	No
/INA SYNOPSIS	Creates structured synopsis from medical bundles	Pre assessment preparation	Yes
/CASE TIMELINE	Builds dated timeline of events	Chronology building	Yes
/KEY FACTS	Extracts essential facts only	Quick case orientation	Yes
/CLINICAL SUMMARY	Summarizes injuries and treatment neutrally	Reports and updates	Yes
/FUNCTIONAL IMPACT	Summarizes impact on daily function	Needs analysis	Yes

/REHAB PLAN	Drafts phased rehab plan	Planning and funding requests	Yes
/GOALS SMART	Creates measurable goals	Goal setting	Yes
/RISK REGISTER	Identifies risks and controls	Risk management	Internal only
/SAFEGUARDING CHECK	Flags safeguarding concerns	Safety review	Internal only
/MDT AGENDA	Builds MDT meeting agenda	Meeting prep	Yes
/MDT MINUTES	Creates structured minutes	Post meeting documentation	Yes
/ACTION LOG	Creates action tracker	Task tracking	Yes
/EMAIL DRAFT	Drafts professional emails	Routine correspondence	Yes
/PHONE SCRIPT	Creates call scripts	Sensitive calls	Internal only
/CASE NOTE	Creates compliant case notes	Record keeping	Yes
/CONTACT SUMMARY	Summarizes communication	System entry	Yes
/RECOMMENDATIONS	Builds structured recommendations	Reports	Yes
/COSTING	Calculates service costs	Budgets and quotes	Yes
/QUOTE PACK	Builds funding narrative	Deputy submissions	Yes
/EQUIPMENT SHORTLIST	Suggests equipment options	Assessment planning	Yes
/ACCESSIBILITY CHECK	Creates accessibility checklist	Travel and venue checks	Yes
/TRAVEL PLAN	Builds accessible travel plans	Holiday planning	Yes
/CARE PACKAGE SPEC	Writes care package specification	Recruitment and tendering	Yes

/SUPPORT WORKER AD	Drafts job adverts	Recruitment	Yes
/RETURN TO WORK	Creates graded return to work plan	Vocational rehab	Yes
/SCHOOL PLAN	Builds education support plan	Child cases	Yes
/CLIENT FRIENDLY SUMMARY	Rewrites complex content simply	Client communication	Yes
/DEPUTY UPDATE	Creates concise professional updates	Stakeholder communication	Yes
/GDPR CHECK	Flags data sharing risks	Compliance	Internal only
/QUALITY CHECK	Reviews clarity and gaps	Quality assurance	Internal only
/RED FLAGS	Highlights risks and inconsistencies	Internal review	Internal only
/PASTE READY	Formats clean output for systems	Efficiency	Yes
/NO HYPHENS	Removes all hyphens	House style compliance	Yes