

## Action Plan Assessment

- During your recent appointment, you chose a lifestyle change which will help improve your health. The change was \_\_\_\_\_.
- Ask the patient if he remembers what the Action Plan is
  - Patient answers 'NO'
    - Remind them and refer to "If the patient answered ' no' column below
- Ask patient if he is doing his Action Plan
- Discuss any problems or barriers that the patient is encountering in executing the Action Plan
- Discuss whether or not the Action Plan should be changed

If the Answer is "no"	If the answer is "I am planning to make the change soon"	If the answer is "yes"
Use motivational strategies:	Identify and address barriers to making the change <ul style="list-style-type: none"> <li>• Lack of knowledge of change</li> <li>• Lack of social support</li> <li>• Lacks access to safe exercise area or foods</li> <li>• Life's events or emotional issues are absorbing patient's time</li> </ul>	Congratulate them for a job well done!
"I have some information I want to share with you..."	Identify reasons to reduce weight or increase physical activity <ul style="list-style-type: none"> <li>• Improve health</li> <li>• Emotional, social, financial</li> </ul>	Assess efforts: <ul style="list-style-type: none"> <li>• "What have you tried?"</li> <li>• "What worked?"</li> <li>• "What did not work?"</li> </ul>

<p>"I want you to know that it is your choice..."</p>	<p>Work with patient to begin thinking about making the change</p> <ul style="list-style-type: none"> <li>• Discuss realistic goal setting (reducing weight 5% in 6 months and/or exercising 15 minutes per day and slowly increasing)</li> </ul>	<p>Work with patient to continue with their plan</p>
<p>"There are positive and negative things about making changes..."</p>	<p><b>This discussion may aid the patient to commit to the change</b></p>	<p>Set realistic long-term goals (5-10% weight loss and/or 150 minutes of exercise per week over the next 12 months)</p>
<p>Educate patient regarding health risks related to diabetes</p>		<p>Set realistic short-term goals (30 minutes of exercise per week for next 30 days)</p>
<p>Reinforce "small steps, big rewards" in preventing/avoiding future complications</p>		<p>Offer behavioral support:</p> <ul style="list-style-type: none"> <li>• Nutritional counseling</li> <li>• On-line resources</li> </ul>
<p>Reinforce that "the window of opportunity is now" to initiate changes</p>		<p><b>Express confidence in the patient's ability to continue making the lifestyle change</b></p>
<p><b>Offer to help when he/she is ready to make a change</b></p>		