

5. What health literacy support did you provide to improve client knowledge and understanding?
6. What was your clinical treatment plan for the client? If you don't provide treatment plans, what were the treatment recommendations provided by other clinicians, e.g. written in patient medical records, a care plan or a referral letter?
7. Why was the client not already taking action? Where were they stuck in their behaviour change pathway? What BEST barriers were getting in the way for the client? How were these factors impacting on RICK?
8. What Practice Principles or Essential Techniques did you use to address the client's above the line barriers to action and build importance/motivation?
9. What personal benefits did you help the client to identify that they could receive by taking action to better manage their condition/s? I.e. what were their intrinsic motivators/motivational drivers?

<p>10. List the Treatment, Lifestyle and Referral Categories relevant to your consultation/s</p> <ul style="list-style-type: none"> • What priority was allocated to each of these categories? • What was the client's decision about working on each category? • Tick the categories that you worked on in the <i>initial</i> consultation (i.e. you agreed what actions or tasks the client would carry out in that category) 		
Treatment, Lifestyle or Referral Categories	Priority	Client's Decision: agree/disagree/undecided/NA
<p>11. Write down the client's Specific Personalized Goal/s arising from your initial consultation</p>		
<p>12. What were the main <i>below the line</i> barriers identified or discussed in the initial consultation? Describe in terms of BEST.</p>		
<p>13. What Practice Principles or Essential Techniques did you use to address the client's below the line barriers to action and/or build motivation and confidence?</p>		
<p>14. Record the consultation details for this client</p>		
<p>Number of consultations with client:</p> <p>Period of time from 1st to last consultation:</p> <p>Planned future follow-up (if relevant):</p>		
<p>15. List the categories that you worked on in your <i>review</i> consultation/s</p>		

16. Write down the client's additional Specific Personalized Goal/s arising from your review consultation/s
17. What did the client NOT do that you recommended they do? What were the reasons they gave for this? Classify these reasons in terms of BEST. How did these factors impact on RICK? Where is the client stuck on the pathway for this issue?
18. Review the HealthChange [®] Decision Framework: Could you have done anything differently to perhaps get a different outcome? Is there anything that you might try to do differently in the future?
19. What were the client's outcomes over time as a result of your consultations: show pre and post intervention changes
<p>Behavioural (what actions and tasks did they do):</p> <p>Physiological/clinical outcomes (movement towards clinical targets):</p> <p>Motivational drivers (ongoing motivation to continue):</p> <p>Psychological changes or outcomes (e.g. confidence, self-efficacy, mood, other):</p>
20. What are the client's reflections about your consultations and/or their progress over time? (What does the client have to say about your intervention with them?)
21. How have you adapted your practice since using HealthChange [®] Methodology?

22. Please provide a one paragraph summary of your case – to be used as a description for posting on the HealthChange website for viewing by other health service providers and students

Thank you for contributing to the collective knowledge of health service providers!