

Questions to consider to aid your learning

1. The HealthChange® Behaviour Change Pathway

- a. Explain how the concept of the HealthChange® behaviour change pathway can assist health service providers to work more effectively with their patients or clients?
- b. Explain the concept of the HealthChange® Decision Line.
- c. What is the difference in your focus as a health service provider when dealing with patients or clients stuck *above* the decision line versus *below* the decision line?

2. BEST Barriers and Facilitators

- a. State what the letters in BEST stand for and list the types of barriers and facilitators that are included in each category.
- b. Write in your own words how you might explain to a patient or client how everyday thinking patterns can be a potential barrier to action, and how to change their thinking so that they are more likely to carry out the actions that they have planned.

3. The HealthChange® Person-centred Practice Principles

- a. Describe each of the HealthChange® Person-centred Practice Principles and state how each principle relates to client or patient-centred care.

4. The HealthChange® Essential Behaviour Change Techniques

- a. Describe when and why you would use each of the HealthChange® Essential Techniques.

5. Explain Your Role

- a. Write in your own words how you might explain your role to a patient or client when using HealthChange® Methodology (i.e. what they can expect from your consultation that might be different from that delivered by another person in your role and how it might benefit them).

6. The HealthChange® 10 Step Decision Framework

- a. What is the purpose of the HealthChange® 10 step Decision Framework?
- b. What are the potential common barriers that each of the 10 steps is designed to avoid or address?

7. RICK-focused Decisional Balance

- a. When and why would you use the RICK-focused decisional balance technique with a patient or client?
- b. What makes decisional balance potentially a 'double-edged sword' to use with patients or clients?

8. Different Aspects of Goal Setting and Planning

- a. How do Treatment, Lifestyle and Referral Categories relate to objective Clinical Targets?
- b. What are the differences between Treatment, Lifestyle and Referral Categories, and Specific Personalized Goals?
- c. What are the differences between a typical Patient Care Plan, a HealthChange® Personal Self-Management Plan and a HealthChange® Personal Goal and Action Plan?

9. Invite the Client to Write

- a. Write in your own words how you might invite a patient or client to write some notes to take with them from your consultation.

10. Trial and Error

- a. How can using the Trial and Error principle reduce a service's 'no show' rate?