

How can I encourage patients to improve their diabetes care?



There are multiple supports you can offer your patient to help them through their readiness to change their health behaviors.

STAGE OF CHANGES	SUGGESTED STAGE-MATCHED INTERVENTIONS
Precontemplation	Build relationship and trust • Active listening without judgment • Seek to understand patient experience, including thoughts and feelings related to health • Begin to identify core personal values (what matters)
Contemplation	Normalize ambivalence • Explore pros/cons of change • Explore what life would be like if they do (or do not) engage in health behavior • Work on clarifying values – is change aligned with values? Does current health status help or hinder pursuit of values and goals? • Identify and help to address barriers, including SDOH barriers
Preparation	Identify prior successful efforts at change • Identify personal assets/strengths/sources of resiliency and consider how to mobilize • Develop a specific plan for change • Identify potential roadblocks and develop plan to address • Identify support system and develop plan to engage • Develop plan to recognize and reward progress • Practice small actions in the service of values
Action	Implement plan for change • Set SMART goals linked to values • Monitor and reward progress • Mobilize support system and resources • Monitor red flags for roadblocks and address proactively • Maintain awareness and ownership of strengths/assets • Evaluate and update plan as needed, always ensuring values alignment
Maintenance	Continue with action interventions to stabilize change efforts • Build broader patterns of action linked to personal values (the why; what matters) to cultivate healthy lifestyle • Normalize and plan for setbacks • Encourage the lifelong practice of “beginning again” when missteps and mistakes are made, using values as a “Life Compass” (look to personal values to provide life direction)

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