

# Brief Action Planning: Smart Steps to Support Behavior Change



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# Acknowledgements and Disclosure



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- The presenter has no conflict of interest and receives no financial compensation from CCMI or other relevant entity.



# Learning Objectives

# Brief Action Planning


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- Assumptions
- Definition of BAP
- Spirit of MI
- Eight Competencies
- Demonstration
- Practice
- Review



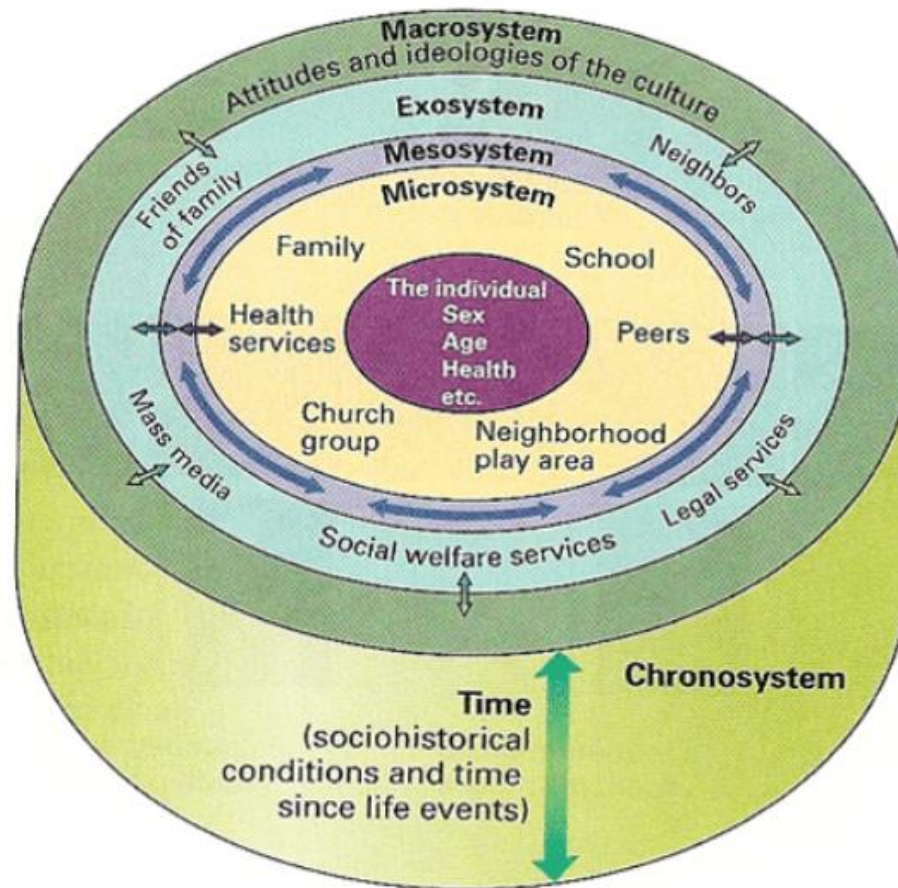
# Assumptions

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- 
- Patient (client, person) has been assessed from a bio-psycho-social framework.
  - Helper has engaged in building a therapeutic alliance through active listening.
  - Helper has incorporated culturally responsive strategies into the therapeutic alliance (see diagram).
  - Person in need has had an opportunity to express their values, beliefs, needs and challenges.

# Inclusive Cultural Empathy


Pedersen. (2008). A Response to "Social Privilege, Social Justice, and Group Counseling: An Inquiry": Inclusive Cultural Empathy and the Search for Social Justice. *The Journal for Specialists in Group Work*, 33(4), 370–376. <https://doi.org/10.1080/01933920802424431>



# Brief Action Planning



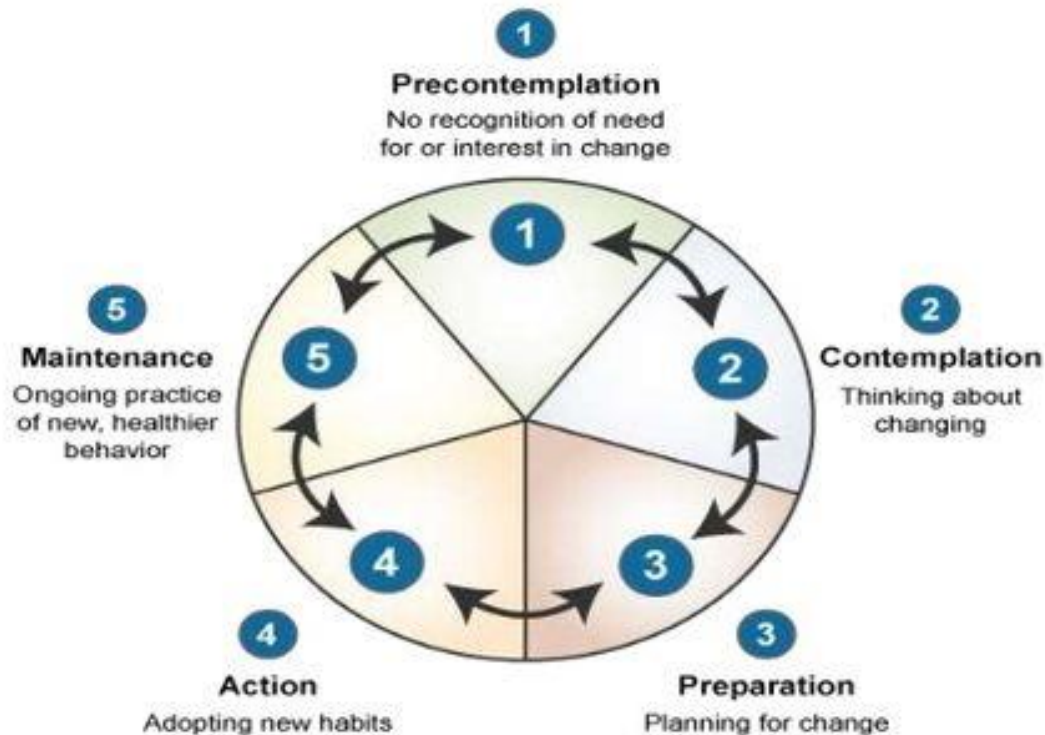
# Brief Action Planning

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- Structured
  - Patient-Centered
  - Evidence-Informed
  - Self-Management Support Tool
  - Based on Motivational Interviewing Principles
  - Supports therapeutic interventions for chronic conditions, recovery and well being.

# Spirit of Motivational Interviewing

# “Stages of change”

## Transtheoretical model of behaviour change



Prochaska, DiClemente & Norcross (1992)

# When change is hard, it not usually because of



- Lack of information
- Laziness
- Oppositional Personality
- Denial



# When change is hard, it is often due to **ambivalence**



# Because ambivalence is uncomfortable, it often leads to:

- Procrastination....
- Which is often mistaken for....
- Resistance



# Motivational Interviewing.....



Can help resolve resistance and elicit a person's  
*own motivation to change*

# Spirit of MI

- Partnership
- Acceptance
- Compassion
- Evocation



# Evidence-based principles of Motivational Interviewing

# Evidence tells us that:

- Many illnesses are preventable or remedial.
- People tend to believe what they hear themselves say and act on it.
- A person's own reasons for change vs. a helper are the most likely reasons to trigger behavior change.
- Listening to a patient (complex skill) is more likely to result in a patient finding their reasons for change.
- When patients take an active role and interest in their healthcare, outcomes improve.



# Eight Core Competencies of Brief Action Planning

# Eight Core Competencies of BAP

## Three Core Questions

1. Is there anything you would like to do for your health in the next week or two?
2. How confident (on a scale from 0-10) do you feel about carrying out your plan?
3. Would you like for me/us (helper) to check back with you so we can review how things are going with the plan?

## Five Core Skills

1. Offering a Behavioral Menu
2. SMART Planning
3. Elicit a Commitment Statement
4. Problem Solving for Low Confidence
5. Follow Up

# Question 1: Is there anything you would like to do for your health in the next week or two?



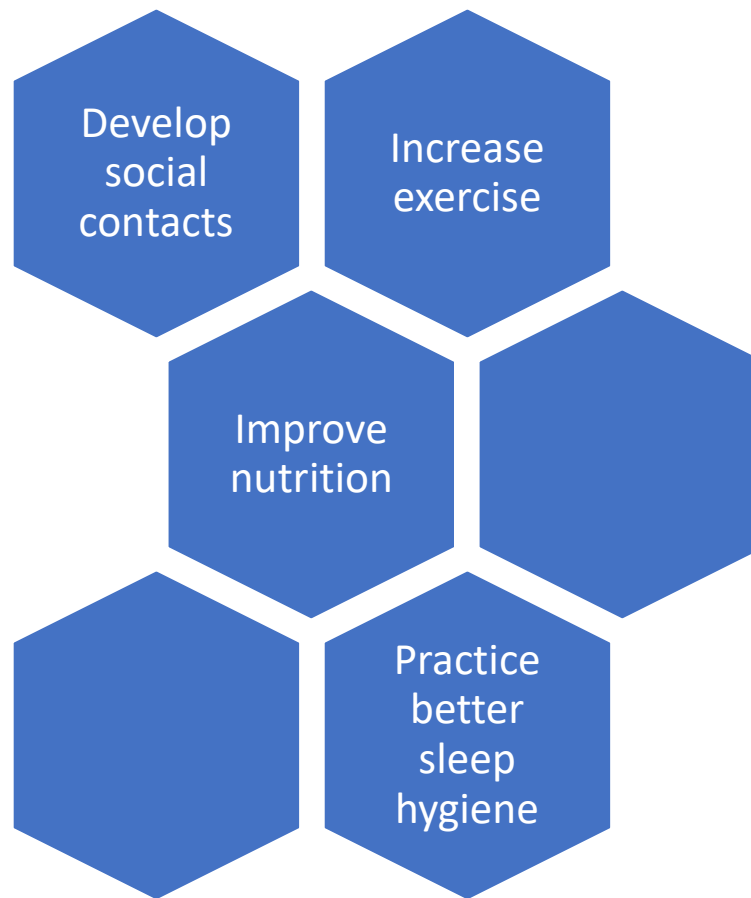
- Client has an idea
- Not sure
- Not at this time

# Skill 1: Offering a Behavioral Menu



- Ask the client to if they have their own idea.
- Ask permission to share ideas
- Offer several brief suggestions or ideas

# Visual Behavioral Menu Example



# Demonstration

## Question 1

### Skill 1



## Skill 2: SMART Planning

### SMART

- Specific
- Measurable
- Achievable
- Relevant
- Time Based

### Alternative

- What will you do?
- How much will you do?
- How often?
- Where?
- When will you start?

# Demonstration

## Skill 2

## Skill 3: Elicit Commitment Statement



- Nurses use “teach back” when helping patients remember skills to monitor their physical health
- After person repeats back their plan, helper asks the person to rate their level of confidence or commitment on a scale from 0-10.

## Question 2

Use a scaling question to measure level of confidence in the plan.

**What change are you considering?**  
**How important is it for you to make this change?**  
**How confident are you that you can make this change?**  
**How ready are you to make this change?**

Readiness Ruler

1	2	3	4	5	6	7	8	9	10
Not at all ready				Somewhat ready					Extremely ready

# Skill 4: Problem Solving for Low Confidence



- Persons address their barriers
- Modify expectations
- Decide to focus on another goal or activity

## Question 3

Would you like to set a specific time to check back in with me to see how things are going with your plan?

# Skill 5: Follow up



- Conveys acceptance, respect and concern
- Provide support regardless of how successful the person may be in acting on the plan.
- Provides an opportunity to revise the plan



# Skill 5: Follow up outcomes



- Person followed through with plan and completed it-  
Celebrate!
- Person partially followed through with plan-  
Focus on accomplishment.
- Person did not follow through with plan-  
Something was wrong with the plan.

# Demonstration

## Question 2 & 3

### Skills 3 & 4

# Session Practice

# Review: Eight Core Competencies of BAP

## Three Core Questions

1. Is there anything you would like to do for your health in the next week or two?
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3. Would you like for me/us (helper) to check back with you so we can review how things are going with the plan?

## Five Core Skills

1. Offering a Behavioral Menu
2. SMART Planning
3. Elicit a Commitment Statement
4. Problem Solving for Low Confidence
5. Follow Up

# QUESTIONS?



# Resources

- Motivational Interviewing Books and Workbooks
- Motivational Interviewing mini-courses
- CCMI-Brief Action Planning

# Resources

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