

# Confidence-Building and Commitment to Action

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# Confidence building: Where is your team at

- We DID try something but we have stopped
- Have been trying something for past 1-3 months
- Planning to start something in the next month
- Not planning to do anything different about follow-up
- Have been doing something for 6 months or more
- Would like to do something but not yet

<b>Readiness stage</b>	<b>Potential actions</b>
<b>Not planning to do anything different about follow-up</b>	Clarify that this is their choice; Encourage self-exploration, not action
<b>Would like to do something but not yet</b>	Encourage evaluation of pros of a change and cons of status quo; Envision new, positive outcomes
<b>Planning to start something in the next month</b>	Identify and assist in problem solving re: obstacles; Identify social support; Encourage small initial steps
<b>Have been trying something for past 1-3 months</b>	Focus on social support; Boost confidence; Reiterate long-term benefits
<b>Have been doing something for 6 months +</b>	Celebrate! Plan for support of the NEW process (refining, improving)
<b>We DID try something but we have stopped</b>	Evaluate trigger for relapse; Reassess motivation and barriers

**whatever you do, MEASURE!!**

# Commitment to Action: Small is beautiful

- What is one thing you would tell a peer who wasn't here that might help them in doing follow-up?
  - Here are some of the answers the audience shared with us:
    - Sign up the team for HRM, Meditech, and/or Clinical Viewer
    - Build relationships with the local hospital
    - Start measuring
    - Set goals
    - Improve EMR processes and/or use EMR tools to facilitate follow-up
    - Incorporate (more) IHPs in the follow-up process