

QUICK REFERENCE GUIDE TO DIABETES FOR HEALTH CARE PROVIDERS

A special project of the Michigan Diabetes Outreach Network

Chapter 16

Special Issues: Behavior Change

How to Help Your Clients Make Behavior Changes

Client Centered Education	
Client's Role:	Health Care Provider's Role:
<ul style="list-style-type: none">- Determine personal self-care goals- Find solution- Take responsibility for own health	<ul style="list-style-type: none">- Active Listener- Source of accurate information- Provide essential knowledge and skills training- Understand client's perspective- Acknowledge the client's feelings- Support Person- Facilitator

What behavior do you help change?

- Client Centered:
 - What the person wants to do?
 - Assessment of learning needs prioritized with the person
 - Assessment of barriers to learning
 - Identification of the person's stage of behavior change

Assess where client is with disease

- Motivation: How important is it for me to change my behavior?
- Confidence: Will it make a difference on my health (goals) if I make this change?
- DM self-care behavior influenced by client's perception of:
 - Susceptibility (vulnerability)
 - Severity of DM
 - Cost of self-care
 - Benefit of self-care

Assess where client is in regard to “readiness to change” current behaviors to improve (diabetes) health.

Stages: Pre-contemplation, Contemplation, Preparation, Action, Maintenance

- Stages of Change Model: process of change is cyclical
- Provides a framework for facilitating behavior change
- Identify client's stage of change and match intervention to stage
- Stage will often vary for different diabetes health behaviors (SMBG, exercise, meal planning)



WITH THIS INFORMATION the client and educator can work together to develop individualized self-management plan

- Behavior reflects a person's subjective interpretation of a situation
- Skills which help patient adapt to diagnosis are just as important as skills in negotiating behavior change
- Lapses and relapses are common and expected
- Health Care Provider's job is to offer help and encouragement to clients-based on the client's (varying) needs

References:

- American Diabetes Association (2008). Clinical Practice Recommendations. *Diabetes Care*, Vol 31 (1).
- Franz MJ et al. A Core Curriculum for Diabetes Education, American Association of Diabetes Educators, 5th Edition, 2003.