Patients as Partners: Applying Brief Action Planning to Support Behavior Change and Promote Treatment Adherence

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Workshop Learning Objectives:

- Explain how to use the principles of motivational interviewing (MI) and Brief Action Planning (BAP) to encourage patients to self-manage chronic conditions and promote treatment adherence.
- Demonstrate the BAP communication skills and strategies with another person.
- Develop strategies for applying BAP in your own practice setting.
What is Motivational Interviewing?

- “…a collaborative, goal oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for commitment to a specific goal by eliciting and exploring a person’s own reasons for change within an atmosphere of acceptance and compassion.”

  Miller and Rollnick 2013

- “…a collaborative, person-centered form of information exchange to facilitate constructive patient sense-making about health.”

  Berger and Villaume 2013

Not a series of techniques but a way of being with the client.
Brief Action Planning

- Developed by Steven Cole, Damara Gutnick, Connie Davis, Kathy Reims

BAP is a structured approach used to support patients interested in making a SMART goal for some aspect of their health.
Elements of MI Spirit

- Compassion
- Acceptance
- Partnership
- Evocation
The Process of MI

Engage → Focus → Evoke → Plan

Opening Statement: My goal as your {insert expertise} is to…

- Share my best information and guidance
- Together we can be a great team in finding what works well for you. How does that sound?
- You’re the one who will be deciding what’s most important. So please let me know exactly what you are thinking.

You know yourself best, and you’re in charge of your health. I’m not here to judge you or tell you what to do; I’m here to help you sort things out with your medications.
OARS:
A fundamental MI approach to interactions to assist in creating change talk and motivation from within.

- Open-ended questions
- Affirmations
- Reflective listening
- Summaries
Engage
Focus
Evoke

Plan

“Is there anything you would like to do for your health in the next week or two?”

- Have an idea?
  - With permission:
    - What?
    - When?
    - Where?
    - How often/long/much?
    - Start date?
  - SMART Behavioral Plan
  - Elicit a Commitment Statement

  “How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”

- Confidence ≥7
  - “That’s great!”

- Confidence <7
  - Problem Solving:
    - “Any ideas about what might raise your confidence?”
    - Yes
    - No
      - Behavioral Menu
      - Assure improved confidence.
      - Restate plan and rating as needed.

  “Would it be helpful to set up a check on how things are going with your plan?”

Check on Progress

1) Ask permission to share ideas.
2) Share 2-3 ideas.
3) Ask if any of these ideas or one of their own ideas might work.
Video (https://www.youtube.com/watch?v=w0n-f6qyG54)
Engage

“Is there anything you would like to do for your health in the next week or two?”

Have an idea?

Not sure? Behavioral Menu

Not at this time

“That’s fine, if it’s okay with you, I’ll check next time.”

“Some of my other patients have had success with tools to help them to remember to take their medication(s). Would it be okay if I shared a few options with you?”

What’s the worst thing that could happen if you tried one thing?

1) Ask permission to share ideas.
2) Share 2-3 ideas.
3) Ask if any of these ideas or one of their own ideas might work.
Focus
Evoke

With permission:
What?
When?
Where?
How often/long/much?
Start date?

SMART Behavioral Plan

Elicit a Commitment Statement

Plan
“How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”

Confidence ≥7
“That’s great!”

Confidence <7
“A ___ is higher than a zero, that’s good! We know people are more likely to complete a plan if it’s higher than 7.”

Problem Solving:
“Any ideas about what might raise your confidence?”

Yes

No

Behavioral Menu

Assure improved confidence.
Restate plan and rating as needed.
Plan

How? When?

“Would it be helpful to set up a check on how things are going with your plan?”

Check on Progress

Plan...
Pair or Trio Up

Client – Practitioner – Observer

Q. What one thing have you not done that you really want to do?
Checking on the Brief Action Plan

"How did it go with your plan?"

- Completion
  - Recognize success
- Partial Completion
  - Recognize partial completion
- Did not carry out plan
  - Reassure that this is common occurrence

"What would you like to do next?"
What is one thing you can do to incorporate BAP into your own practice setting with patients?
Personal Action Plan
Brief Action Planning (B.A.P.) Summary

What is one thing you’d like to do for your health (or condition) in the next week or two (or month)?

Offer a behavioral menu if requested or needed

SMART behavioral contracting  Elicit commitment statement

How confident or sure do you feel about carrying out your plan on a scale from 0 (not at all) - 10 (very)?

If confidence is <7, problem solve barriers

When is a good time for a brief check in on how things are going with your plan?

Check on progress
BAP requires ongoing skill development

Thank you!