

Health Behaviour Change

Diabetes Care Coaching



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Before We Begin ...



- Our goal is to create a safe space where all participants are comfortable to learn, share, ask questions
 - Everyone brings knowledge and expertise
 - I am always learning too
 - We won't record discussions, but will share monthly education videos
- The coaching sessions will focus on practical pieces of working in diabetes. For details, it is always best to reference the Diabetes Canada Clinical Practice Guidelines (guidelines.diabetes.ca)

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What We Plan to Cover Today



- Healthy habits suck
- Exploring value and meaning
- Readiness assessments
- Patient-driven appointments

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What makes it hard to change habits?

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Remember... Healthy Habits Suck!



Healthy Habits Suck



How to get off the couch
& live a healthy life...
even if you don't want to

DAYNA LEE-BAGGLEY, PhD
FOREWORD BY RUSS HARRIS

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Healthy Behaviour

Executive mind

- Frontal lobe
- Controls behavior
- Like a battery



Goes against our survival brain

Requires frontal lobe battery



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Managing a Chronic Disease Takes Sustained Work



- There is no finish line to this...



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Focus on Value and Meaning

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- Our society likes to focus on goals, not values

- Questions:

- Why is this important to you?
- Why do you want to make this change?



- Normalize lots of people don't immediately know their why

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- Let's work through this together with some examples...
- How will engaging in the health behaviour help you move toward a value?
- How does engaging in the health behaviour help you express a value?

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Readiness Assessments

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NO!

Yes, but...

YES!

*Dr. Michael Vallis is a great resource!
That's where I learnt this from.*

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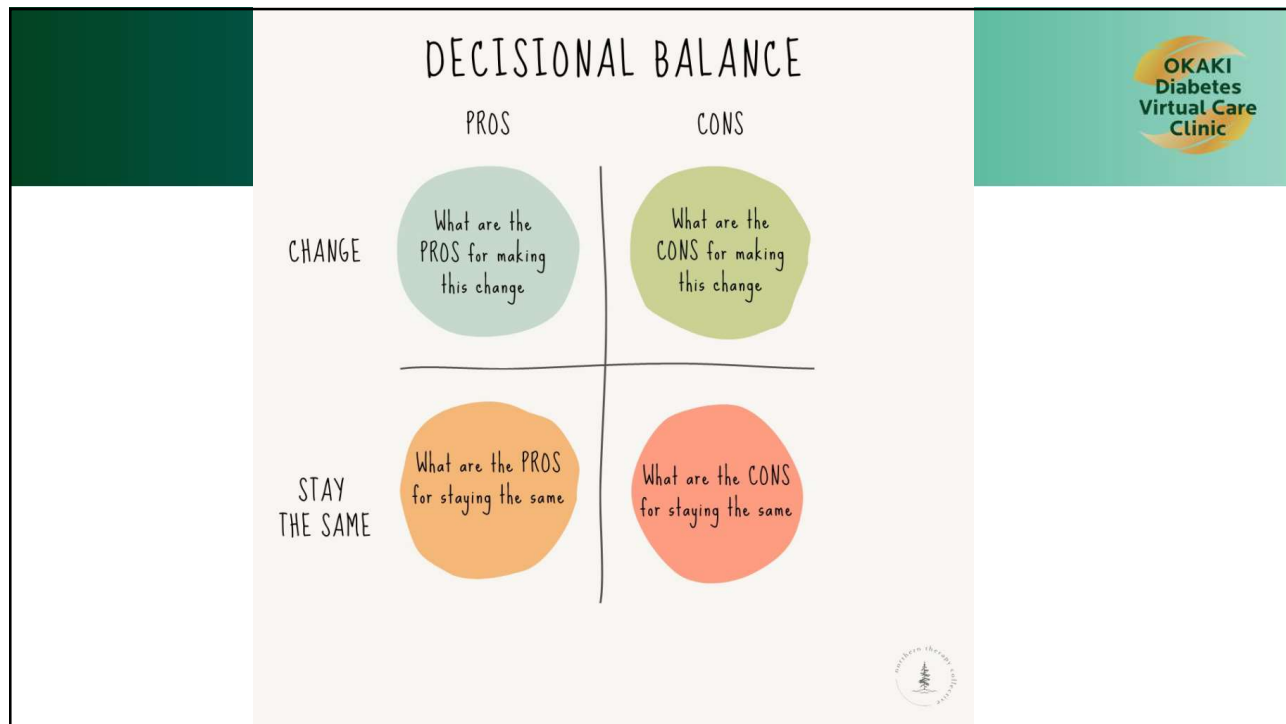
- Do you consider [the behavior] a problem?
- Are you distressed by [the behavior]?
- Are you interested in changing [the behavior]?
- Are you ready to change now?

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Decisional Balance

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Patient Driven Appointments

OKAKI Diabetes Virtual Care Clinic

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Active, Non-Judgemental Listening



If you have a response ready ...
then you're not doing non-judgmental listening!

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Rephrase to Help Normalize



“Do you ever miss taking your insulin?”

vs

“How often do you miss taking your insulin?”

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Wait for 8



- Become comfortable with silence
- Count to 8 in your head after asking a question

(AHS Health Change Methodology training)

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Who is setting the agenda for the appointment?



- It's retraining away from us having the agenda as the expert...
 - Difficult as sometimes we have to let our "priorities" go
 - This can be really important for relationship building
- Questions like:
 - Is there anything you wanted to cover today?
 - I got the referral from your doctor with a little bit of information, but I'd like to understand what you are looking to get out of this appointment / or what brings you in today.

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Ask, Then Offer



- Acknowledge their own expertise
- Give patients time to reflect and have a say in what is discussed

(AHS Health Change Methodology training)

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Goal Setting

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Before Setting Goals



- Considering frontal lobe battery idea ... social factors, trauma... what else is draining this battery?
- Need to check our expectation that someone is always thinking about the chronic disease they are living with
- Can be helpful to come back to values! Why are you doing this?

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Goal Setting



- Focus on behavior change
 - Behavior is something someone else could see you do (not a thought or feeling)
 - We have more control over behavior vs thoughts (prefrontal cortex vs survival brain)
- Back-up from the outcome, set goal on something to do
 - Reminder of “white elephant” we discussed last time

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Small, Reasonable Goals



- Success builds success
- Assessing confidence in the goal set, are you 90% confident you can accomplish this?
 - If no, then change it or scale it back



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Wrapping Up...



- Do you have one or two takeaways that you can use in your work?
- Next Session: April 16th at 9:00 AM

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