



ADVANCING CANCER CARE TODAY (ACCT) PROMOTING HEALTHY BEHAVIORS: MOVING TOWARD WELLNESS

NOTE TO TEAM FACILITATOR:

The purpose of this guide is to facilitate group discussion and engage your treatment care team in a dialogue regarding promoting wellness. A printable participant guide is also available for the team to follow along while viewing the video. The video presentation should prompt the team to reflect upon their own healthy behaviors and introduce ideas and practices for encouraging healthy behaviors with patients.

POTENTIAL QUESTIONS TO PROMOTE DIALOGUE:

- Q1:** Before we discuss patient wellness, what do you do to care for yourself physically, psychosocially, or spiritually? On a scale of 1 to 10, where are you today, and where would you like to be? What is your action plan to reach that goal?
- Q2:** How do you see patients' expectations, attitudes, and behaviors changing as they move between a sense of wellness and a sense of illness?
- Q3:** What is your role in patient wellness, and how do you guide patients toward wellness?
- Q4:** Because behavior change is rarely a single event, how do you approach patients to discover their readiness and understand where they are in the change process?
- Q5:** Share a success story when you helped a patient change behavior through motivational interviewing. If you have not used motivational interviewing, what techniques do you use to encourage and support healthy behaviors with patients?
- Q6:** After viewing the moving toward wellness video, were you able to identify the principles and skills of motivational interviewing? Which moments from the conversation resonated with you? What would you say to encourage Bill's behavior changes?
- Q7:** Utilizing the motivational interviewing principles and skills (READS and OARS), along with the suggested useful language, take a moment to role-play the healthcare professional and the patient in need of behavior change. Debrief as a team what techniques you found helpful or challenging.
- Q8:** Considering everything we have viewed and discussed, what might you do differently to promote healthy behaviors and wellness with your patients?