



Advancing Cancer Care Today

PROMOTING HEALTHY BEHAVIORS: MOVING TOWARD WELLNESS PROGRAM SUMMARY

At the conclusion of this program, participants should be able to define and discuss wellness as an important concept in cancer care, discuss evidence-based healthy behaviors recommendations for patients throughout the cancer care continuum as well as for their providers, and demonstrate clinical communication skills effective in guiding patient change in behavior.

◆ KEY POINTS OF THIS PRESENTATION

- Wellness has been described as a deliberate and conscious approach by the individual to participate in and advance his or her physical, psychosocial, and spiritual health
- For cancer survivors, having a sense of wellness exists as a duality with a sense of illness, with movement between the two perspectives
- Some of the psychological and physical challenges faced by survivors may be prevented, attenuated, treated, or rehabilitated through changes in certain modifiable behaviors

Promotion of the following behaviors may improve overall well-being:

- Reducing stress and maintaining emotional wellness
- Engaging in regular physical activity
- Eating a healthy diet
- Maintaining a healthy weight
- Limiting alcohol use
- Smoking cessation

HCPs' personal health habits affect the medical care they provide to their patients.

Coordination of care is essential for promoting and overseeing healthy behavior adaptations.

Restoring a sense of wellness may allow patients and their healthcare team to focus on the future and restore a sense of purpose and meaning to their lives.

Motivational interviewing (MI) is a patient-centered method of guiding dialogue to elicit and strengthen personal motivation for change with demonstrated efficacy across a broad range of conditions and settings; MI can help you guide your patients toward behavior change if they are willing and ready.

The principles of MI include

- R** Roll with resistance
- E** Express empathy
- A** Avoid argumentation
- D** Develop discrepancy
- S** Support self-efficacy

The skills of MI include

- O** Open-ended questions
- A** Affirmations
- R** Reflections
- S** Summaries