

Minimal Intervention Tool-Adapted from: Behavior Change Institute 2011

5As of Getting to Change

Ask: Can we have a conversation about...?
How do you explain your choices...?

Assess: Health Beliefs - seriousness, personal responsibility
Readiness to change →

Advise: Can I make some recommendations?
Can I give you feedback?

Assist: How can I help you with this?
Goal setting, shaping, stimulus control, reinforcement

Arrange: When you leave today, what can we do to help you
stay on track?

Assess readiness by asking the following 4 questions:

1. Do you consider X a problem?
2. Are you distressed by the problem?
3. Are you interested in change?
4. Are you ready for change now?

5Rs – Keep Changes Going

Relevance: Remind me of why this important for you to continue doing?

Risks: What happens to you if you don't continue doing...?

Rewards: What do you gain if you continue to do...?
Why is that important to you? →

Roadblocks: What gets in the way of doing...?
What can you do to overcome these roadblocks?

Repeat: Remind me of why it is important for you to continue doing...?

Remember: this work should be transparent. Don't hesitate to share what you are doing with the patient.

A quality collaborative is a group of people or organizations from a common region or hospital system working on health care system improvement. It is an improvement method that relies on spread and adaptation of existing knowledge to multiple settings to accomplish a common aim.