

Therapeutic Lifestyle Change: Health Behavior Counseling

LEARNING OBJECTIVES

1. To promote the broader appreciation of behavioral counseling in clinical care.
2. To understand the U.S. Preventive Services 5A's model for health behavior counseling.
3. Understand the impact of lifestyle-related behaviors on health.
4. To understand fundamental aspects of motivating patient health behavior.
5. Understand the potential impact of long-term behavior change for physical activity, tobacco, alcohol, and healthy diet.
6. To demonstrate how to promote health behavior change using the 5A's brief intervention.

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Basic Format

1. Background reading (read before or after noon conference; available on line)
 - Read **Whitlock EP, Orleans T, Pender N, Allan J.** Evaluating Primary Care Behavioral Counseling interventions: An evidence-based Approach. *Amer J Prev Medicine*, 2002;22 (4);267-284.
 - Read pages 277-281 as a minimum; other articles of interest available in readings folder
2. Conference (or equivalent)
 - Pre-test multiple-choice questions (5 minutes)
 - PowerPoint slides of key elements (45 min)
 - Background information about health impact of unhealthy behavior
 - Background data about the potential to motivate health behavior change
 - Introduction of the “Five A’s”
 - Video Trigger Tape illustration of each of the Five A’s, as well as a follow-up visit
 - Stop after each illustration to get group input
 - Wrap up (5 minutes)
3. Field evaluation on performance with patients / families
 - Pre-printed competency evaluation forms
 - Available on-line to be printed as hard copy
4. Final competency evaluation (available to program on request)
 - Post-test questions
 - Form for rating a health behavior change interview according to the trainee’s completing each of the Five A’s
 - Standardized patient interview to illustrate competence