



Teaching Counseling Skills to MD's and Staff

Oct 26, 2013



Teaching Counseling Skills

- Review planned protocol
- Your input re Patient Follow-up Measures
- Find patient-friendly project name
 - “think of yourself as an experienced guide”



Teaching Counseling Skills

- Site visits [1-4 instructional, 5-6 “booster” visits]
 - Open-ended questions, Affirmations, Reflective statements, Summaries (OARS)
 - Agenda-Setting
 - Assessing Importance and Confidence
 - Elicit Provide Elicit skills
- Videos (Ineffective Physician, Effective Physician)
- Role Play, Work in pairs
- Practice newly-learned skills



Patient Toolkits

- Diet diaries
- Physical activity logs
- Tip sheet on how to get started safely
- List of recommended websites for diet and physical activity
- Pedometers (patients will need instructions on how to use these)



Patient Follow-up Measures

- Height, Weight, Body Mass Index (BMI), BP
- Waist circumference, Hip circumference
- Importance (10 cm visual analog scale)
 - “On a scale of 1 to 10, how important is it to you to lose weight?”
- Confidence (10 cm visual analog scale)
 - “On a scale of 1 to 10, how confident are you that you will be able to lose weight?”



Patient Follow-up Measures

- Diet questionnaire, 7-items
 - fruit and vegetables, healthy food choices, fat choices
- Physical Activity questionnaire, 7-items
 - minutes moderate physical activity per week, minutes walking per week, minutes not active per week
- Pedometer step count