

Introduction to the 5As & Stages of Change Theory

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Objective of session

- To inform participants about the 5As Model and the Stages of Change Theory
- To explore the relevance of the above models in the general practice setting

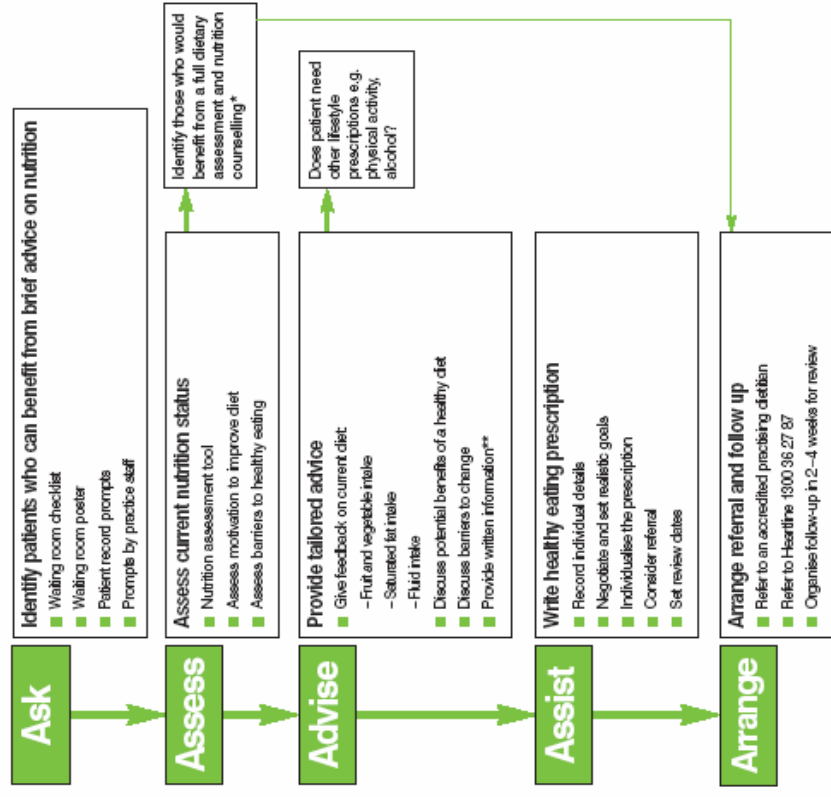
5A's Model

- Evidence-based approach
- Based on motivational interviewing principles and practice
- Originated from smoking cessation field
- Used in Quitlines (Australia & International)

5A's Model



Helping patients eat well for health

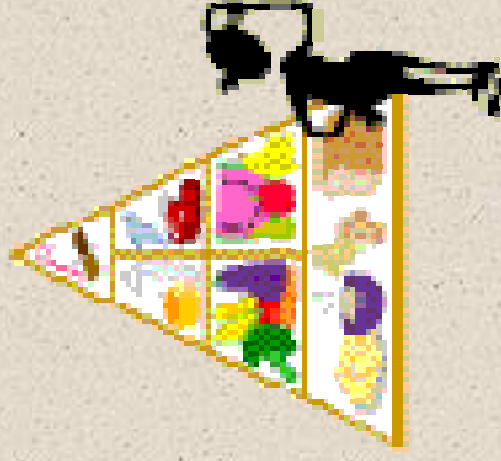


*Important: A full dietary assessment and nutrition counselling by an accredited practising dietitian may be beneficial for:

- people who have lost weight unintentionally
- pregnant or lactating women
- children
- patients with diabetes mellitus who require insulin
- patients with specific nutrition related diseases
- people who cannot shop and cook for themselves (e.g. frail elderly, disabled), who may be at risk for malnutrition.

**Quality information for consumers is available from the following sources:

- The Dietitians Association of Australia (www.daa.asn.au)
- Find an Accredited Practising Dietitian 1800 812 942
- Nutrition Australia (www.nutritionaustralia.org)



Ask

Identify patients with risk factors

Assess

**Level of risk factor & its relevance to the individual's health
Readiness to change/motivation**

Advise

**Brief information about health risks & benefits to change
Motivational interviewing**

Assist

**Identify personal barriers, strategies
Set realistic goals & timeframes
Lifestyle Prescription**

Arrange

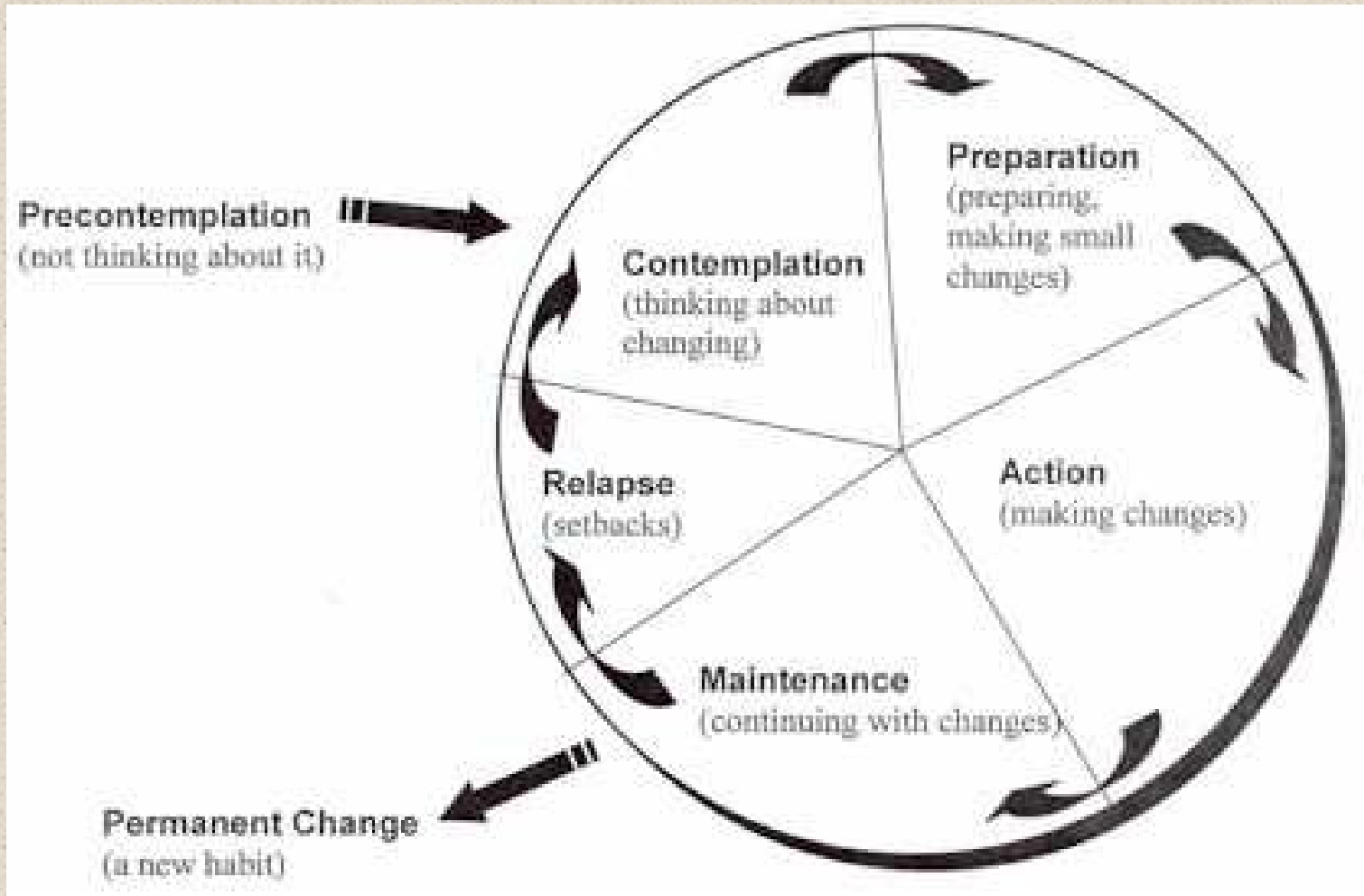
Arrange referral & follow up

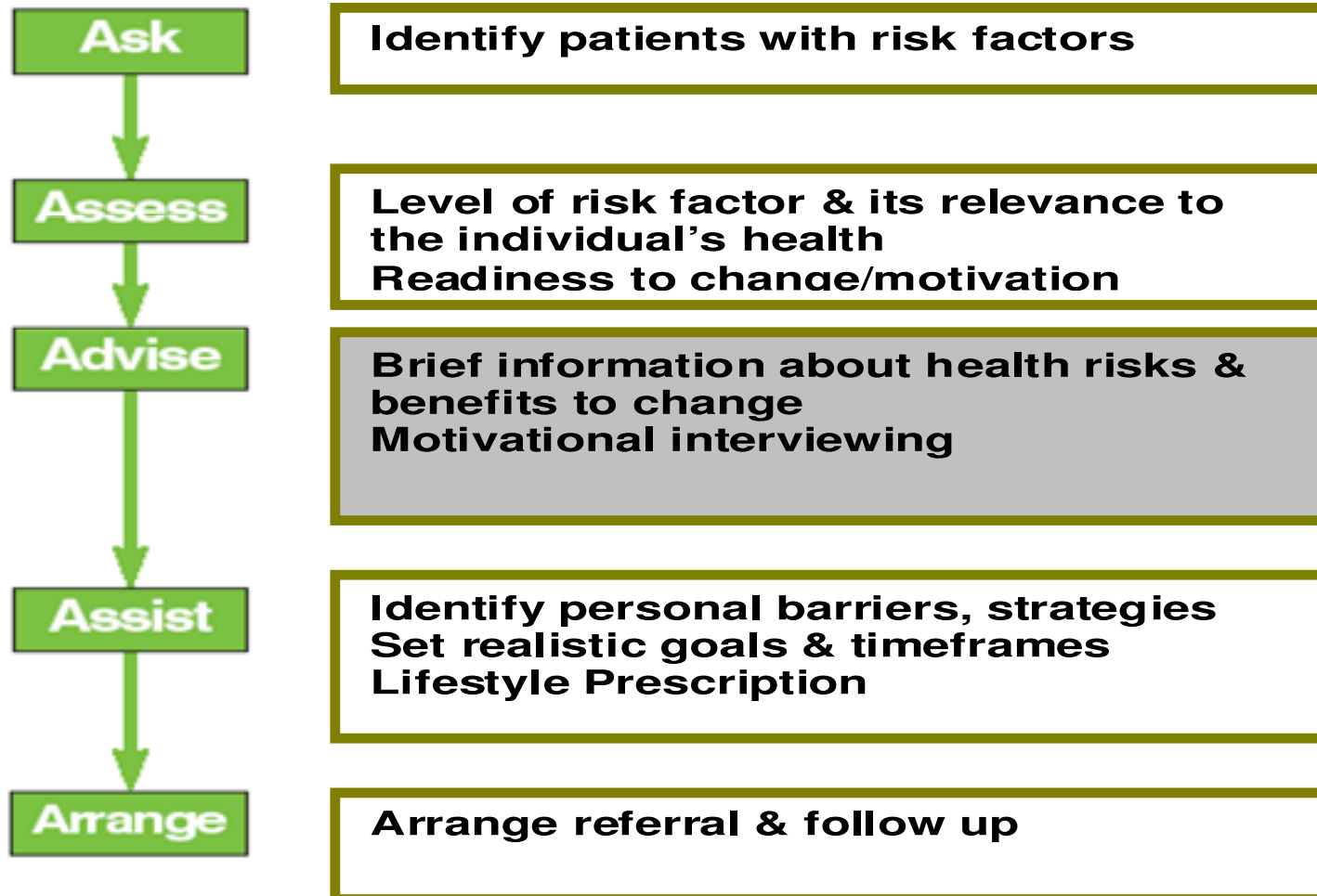


Lifescrpts

Advice for Healthy Living

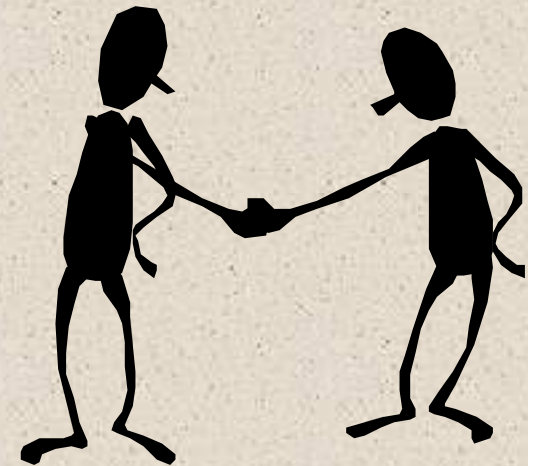
Stages of Change Model





Motivational Interviewing

- Motivational Interviewing is a directive, patient-centered counseling style for eliciting behavior change by helping patients to explore and resolve ambivalence
 - (Rollnick & Miller, 1995)



Lifescrpts

Advice for Healthy Living

Motivational Interviewing – example of questioning..

- What are the good things about improving lifestyle?
- What are the less good things and compare these with good things?
- Highlight discrepancies
- How important is this to the patient?
- How confident is the patient to make the change?
- Where does this leave you now?

Motivation is.....

Motivation = Importance + Confidence

- Importance – do I want to change?
- Confidence – can I change?

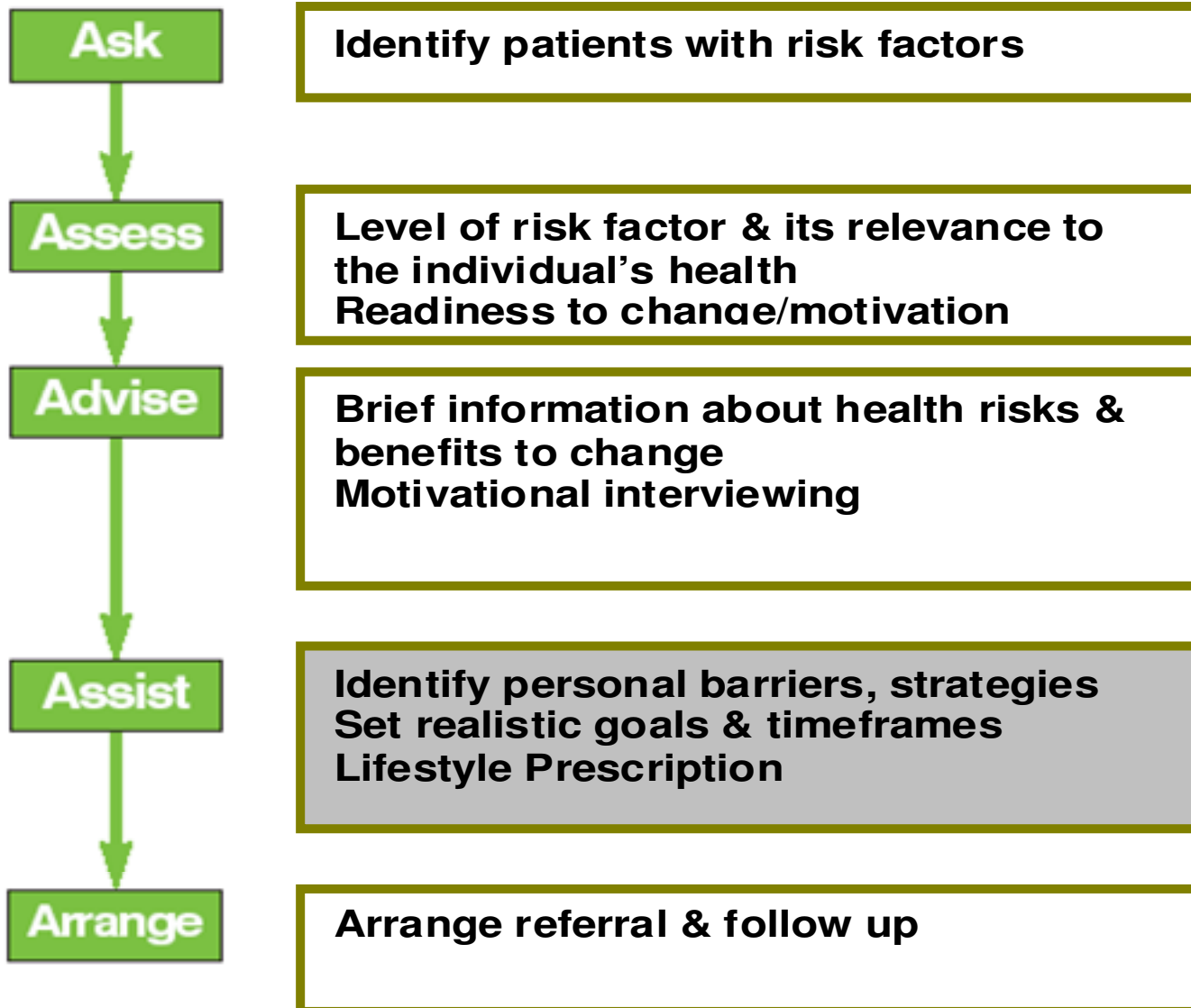
Assess importance & confidence

- On a 1 to 10 scale, how important is it to ?
- On a 1 to 10 scale, how confident are you that you can change ?



Lifescrpts

Advice for Healthy Living



Identify personal barriers & set realistic goals

- Identify something that *the patient wants to do*
- Make sure the *task is reasonable* (something achievable in the next week)
- Make the task *behaviour specific* (increasing exercise is **not** a behaviour, but walking on Monday, Wednesday, and Saturday afternoons **is** a specific behaviour)



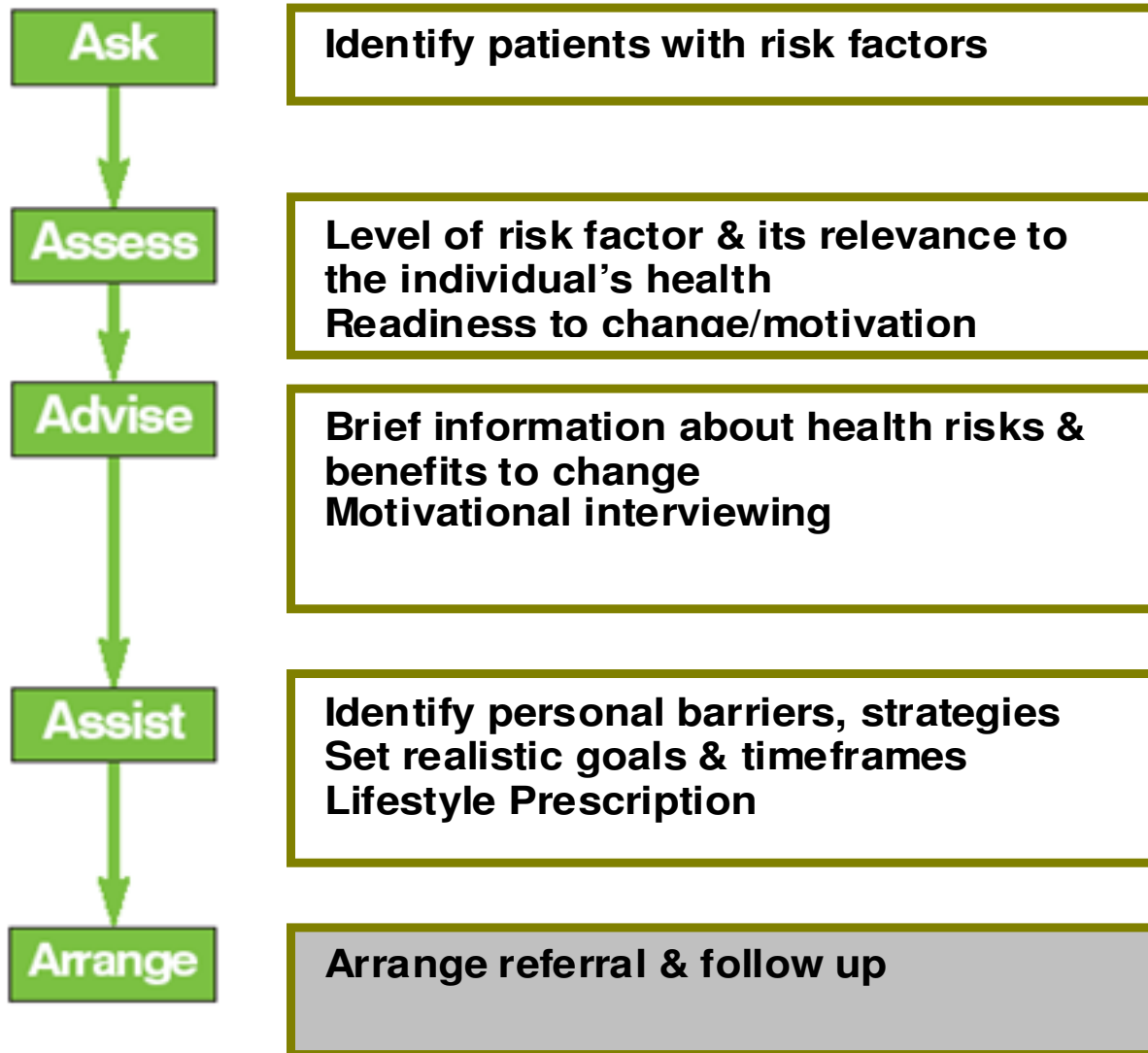
Principles of problem solving

- There is usually not one but many possible courses of action
- *“I can tell you about what has worked for others”*
- *“You will be the best judge of what works for you”*
- *“Let’s go through some of the options together”*
- Ask permission *“Would you mind if I made some suggestions?”*



Lifescrpts

Advice for Healthy Living



Arrange

- Referral
- GP Management Plan / Team Care Arrangement
- Follow-up appointments (esp. in first 4 months)
- Reminder & re-call system



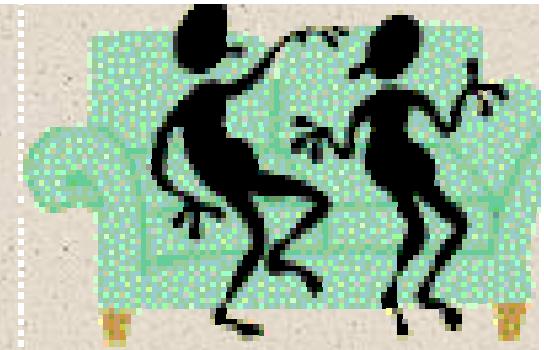
Lifescrpts

Advice for Healthy Living

The 5A's is a clear communication

- **Asking** says this is a health issue
- **Advising** says this is an important health issue
- **Assessing** and **Assisting** says I am able to help you to change It can be done
- **Ask Again** says this is still an important health issue to raise.

Group Activity



- How might you encourage/train GPs & Practice Nurses to utilise the 5A's?
- How might the 5A's complement any current Division activities?



Lifescrpts

Advice for Healthy Living

Resources

5A's

National Guideline Clearinghouse, USA. www.guideline.gov (Treating tobacco use & dependence)

Motivational Interviewing

Motivational interviewing, Rollnick & Miller.

www.motivationalinterview.org

Stages of Change

Prochaska & Di-Clemente (1997) The Transtheoretical Model of health behaviour change. American Journal of Health Promotion.

Google it!!



Lifescrpts
Advice for Healthy Living