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Centre *for* Collaboration
Motivation & Innovation

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Grand Rapids, MI

June 16, 2016

BRIEF ACTION PLANNING – PART 1

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SESSION AGENDA

- › Brief overview of Brief Action Planning (BAP)
- › Discussion

SPIRIT OF MOTIVATIONAL INTERVIEWING

- › **C**ompassion
- › **A**cceptance
- › **P**artnership
- › **E**vocation

WHAT IS BRIEF ACTION PLANNING?

- › a highly structured
- › patient-centered
- › stepped-care
- › evidence-informed

self-management support technique based on the principles and practice of Motivational Interviewing.

BAP DEMO



“Is there anything you would like to do for your health in the next week or two?”

Behavioral Menu

SMART Behavioral Plan

Elicit a Commitment Statement

“How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”

If Confidence < 7, Problem Solve Barriers

“Would it be helpful to set up a check on how things are going with your plan?”

Check on progress

“Is there anything you would like to do for your health in the next week or two?”

POSSIBLE RESPONSES TO QUESTION 1

- › Have a specific idea
- › Have a general idea
- › Need some help with an idea (or not sure what you mean)
- › Not at this time
 - › Healthy
 - › Not interested

SKILL #1

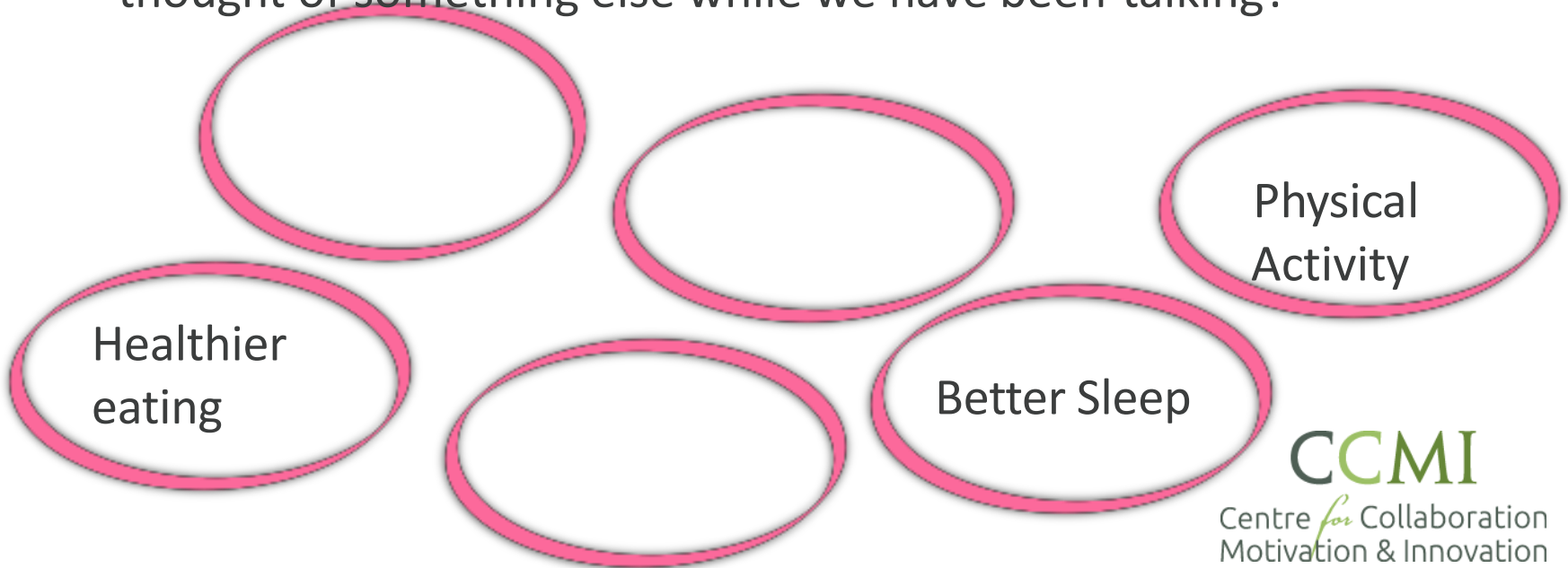
Behavioral Menu

Offer a behavioral menu when needed or requested.



Behavioral Menu

1. “Is it okay if I share some ideas from other people who are working on something similar?”
2. If yes, share two or three varied ideas briefly all together in a list. Then say...
3. “Maybe one of these would be of interest to you or maybe you have thought of something else while we have been talking?”



SKILL #2

SMART Behavioral Plan

Action Planning is “SMART”: Specific, Measurable, Achievable, Relevant and Timed.

With **permission**:

- What?
- When?
- Where?
- How often/long/much?
- Start date?



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SKILL #3

Elicit a Commitment Statement

After the plan has been formulated, the clinician/coach elicits a final “commitment statement.”



Strength of the commitment statement predicts success on action plan.

“How confident or sure do you feel about carrying out your plan
(on a scale from 0 to 10)?”

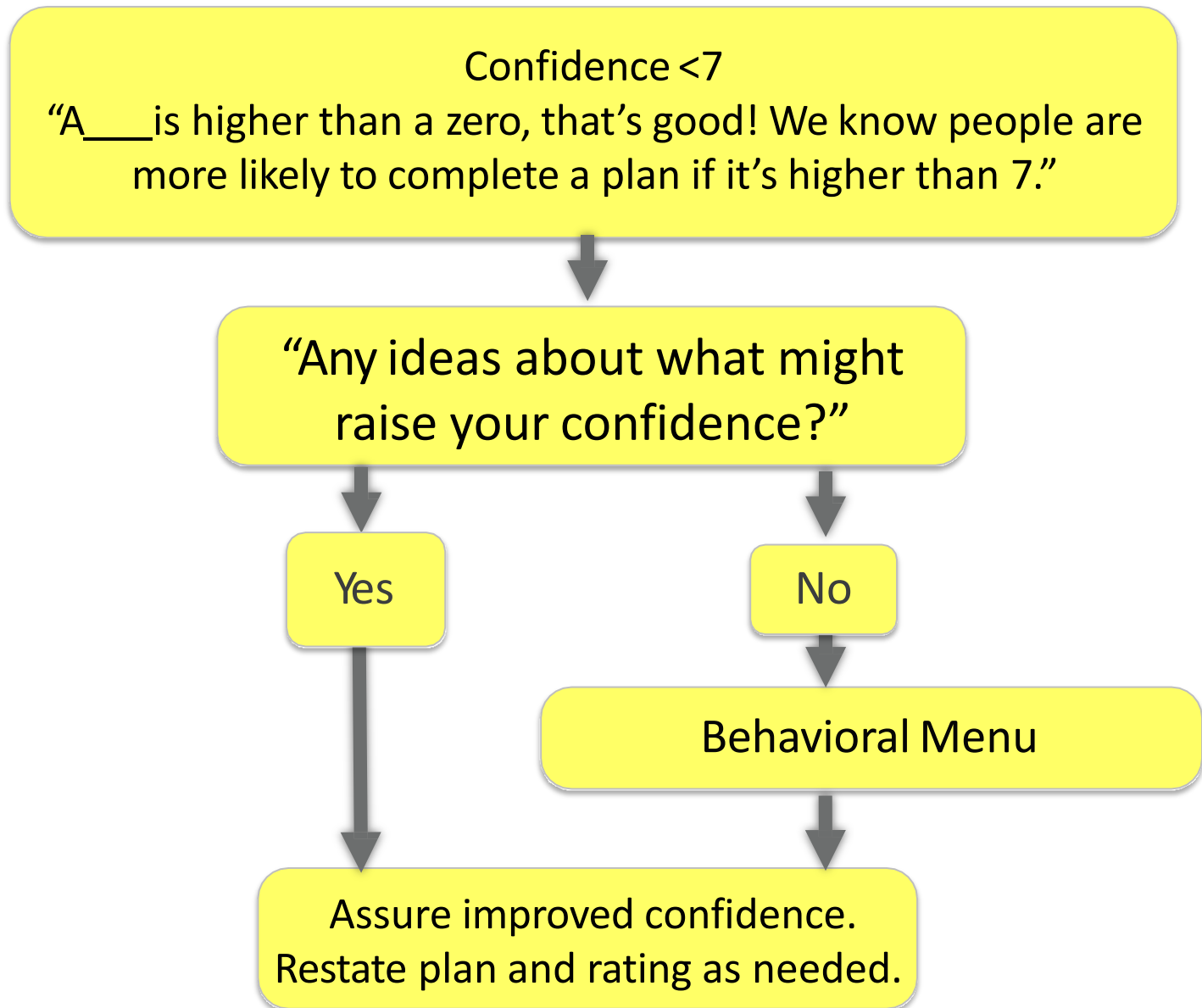
SKILL #4

Problem Solving

Problem-solving is used for confidence levels less than 7.



PROBLEM SOLVING



“Would it be helpful to set up a check on how things are going with your plan?”

SKILL #5

Check on progress

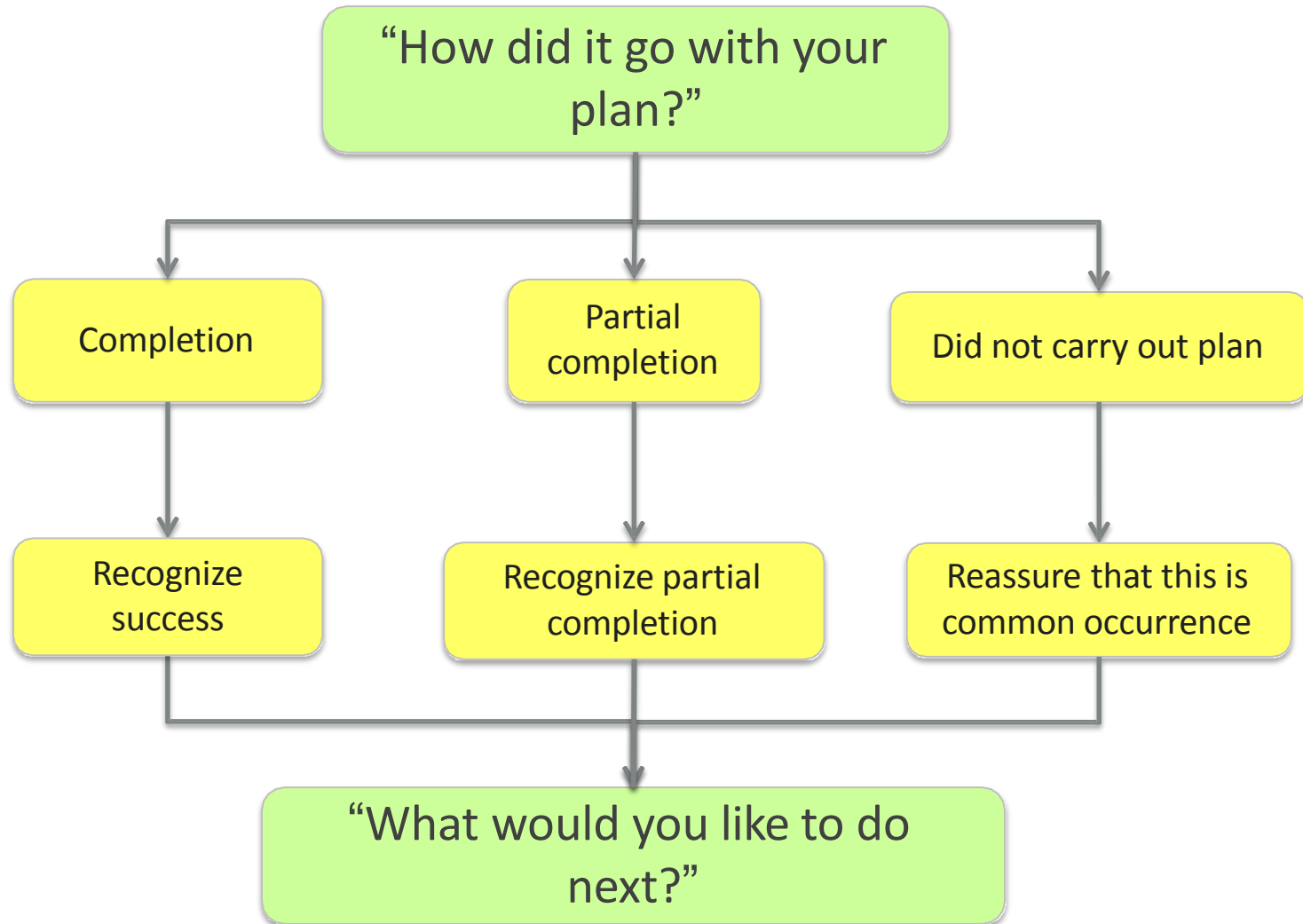
Checking on the plan builds confidence.

Check often with new action plans and decrease frequency as behaviour is more secure.

When working with a clinician
Regular contact over time is better than 1x intervention.
Follow-up builds a trusting relationship.



CHECKING ON PLAN WITH CLINICIAN



WHAT DO YOU DO WHEN PEOPLE REPEATEDLY HAVE DIFFICULTY DOING ANY OF THEIR PLAN?

- › Make sure the plans are really small
- › Screen them for depression
- › Refer them to a resource
- › Use additional skills if you have them
- › Accept that BAP may not work for them

“Is there anything you would like to do for your health in the next week or two?”

Have an idea?

Not sure?
Behavioral Menu

Not at this time

Permission to check next time

With permission:
What?
When?
Where?
How often/long/much?
Start date?

SMART Behavioral Plan

Elicit a Commitment Statement

1) Ask permission to share ideas.
2) Share 2-3 ideas.
3) Ask if any of these ideas **or one of their own ideas** might work.

“How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”

Confidence ≥ 7

Confidence < 7 ,
Problem Solving

“Would it be helpful to set up a check on how things are going with your plan?”

How?
When?

Check on Progress

DISCUSSION

- › What questions do you have about BAP?
- › How might you use action planning to support someone ready to make a change?
- › What concerns you about trying BAP?
- › What do you like about action planning that is directed by the person?



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BRIEF ACTION PLANNING – PART 2

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WHAT ARE YOU MOST INTERESTED IN LEARNING TODAY?

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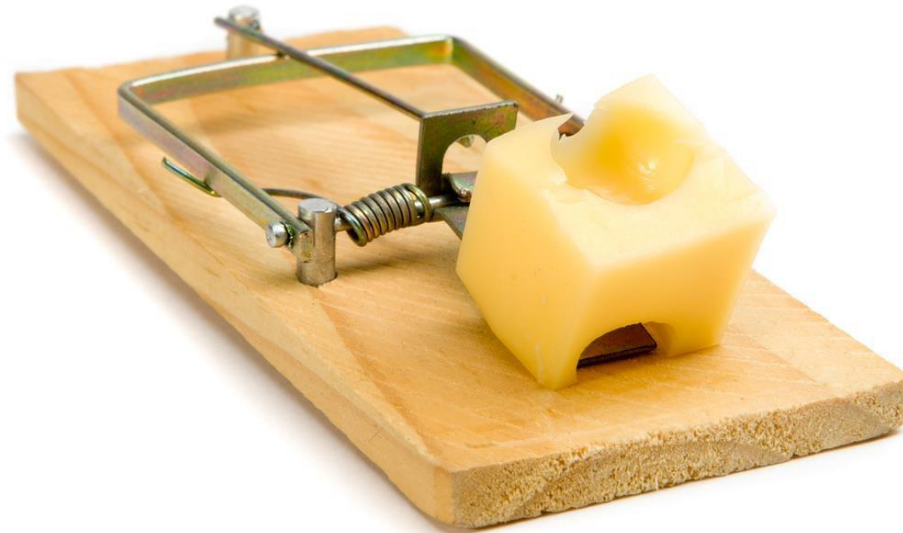
SESSION OVERVIEW

- › Tips for using BAP
- › BAP Practice
- › Where does BAP fit within self-management support?
- › How do I translate BAP into practice?

TIPS FOR USING BRIEF ACTION PLANNING



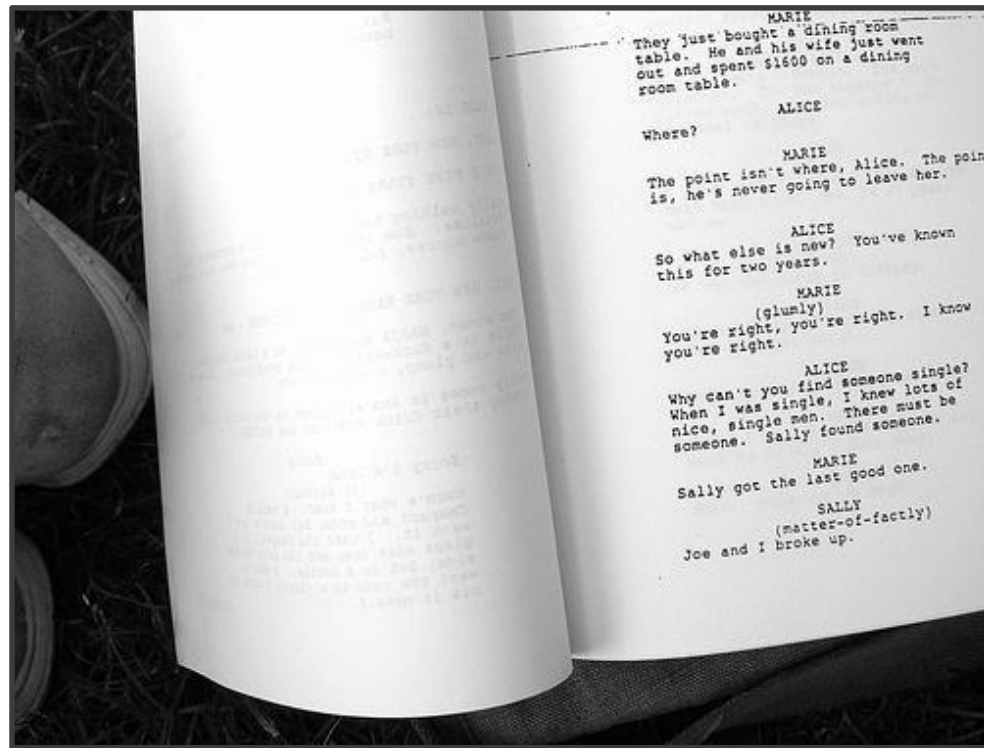
AVOID THE EXPERT TRAP



THE PATIENT DOES MOST OF THE TALKING IN BRIEF ACTION PLANNING



STICK TO THE GUIDE



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AVOID THE ASSESSMENT TRAP



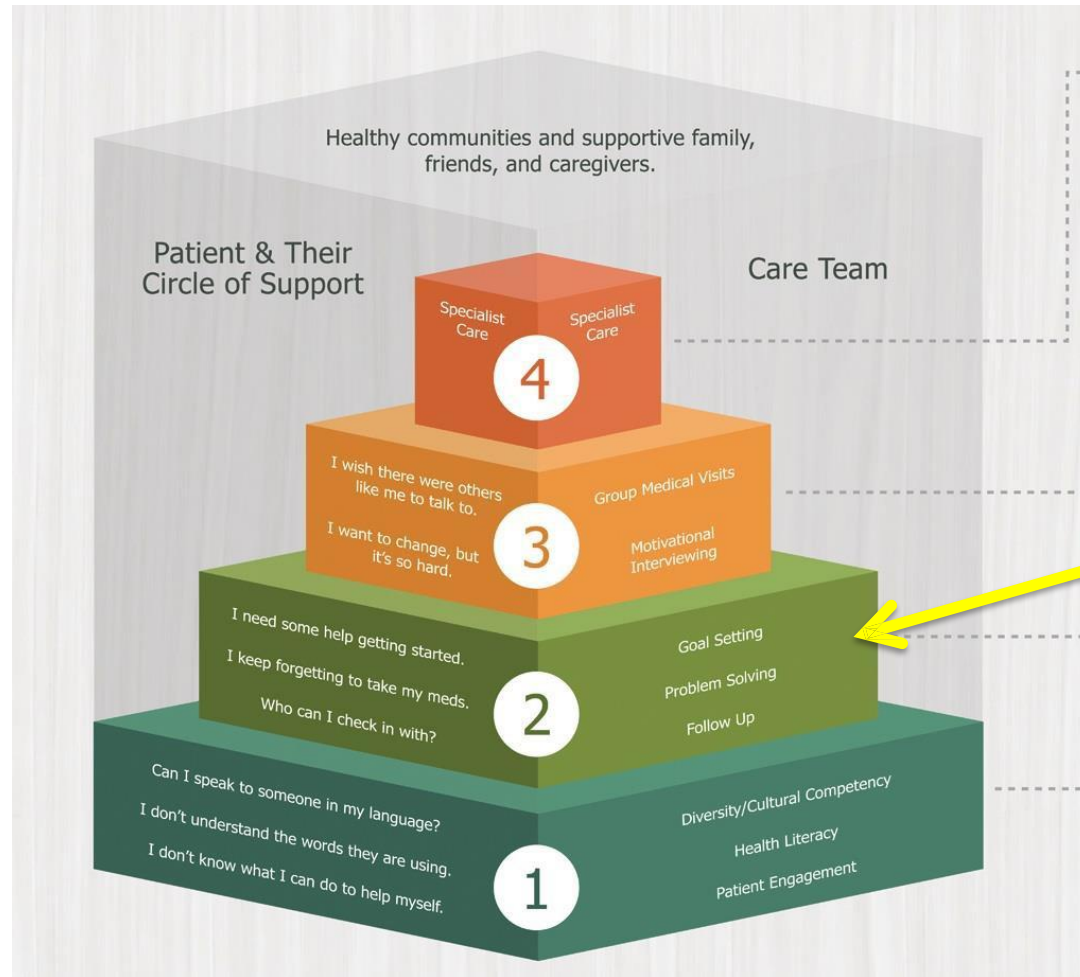
WHAT ELSE IS ON YOUR MIND?



BAP PRACTICE



STEPPED CARE SELF-MANAGEMENT SUPPORT



BAP fits here

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WHO WOULD BENEFIT FROM BAP?

- › The SMS needs of the population you serve will vary
- › Prioritize for now: provide what your patients need as resources allow
- › Plan for value-based care

SUB-POPULATIONS FOR CARE

	Good Clinical Control	Poor Clinical Control
High Self-confidence		
Low Self-confidence		

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SUB-POPULATIONS FOR SMS

	Good Clinical Control	Poor Clinical Control
High Self-confidence	Usual Care	Clinical care, Action Planning
Low Self-confidence	Action Planning	Additional supports

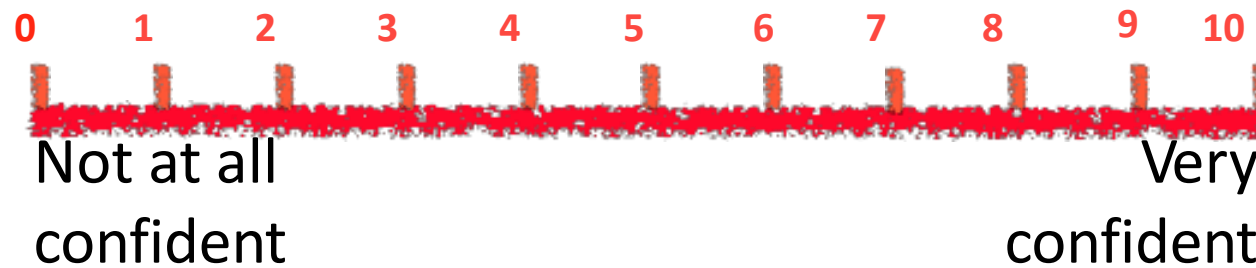
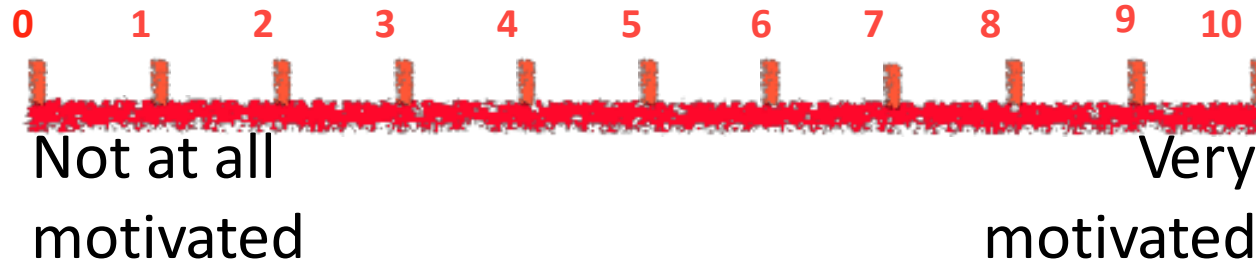
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HOW DO I TRANSLATE BAP INTO PRACTICE?

- › Skills practice
- › Flow of the visit
- › Who guides creating the plan?
- › Documentation
- › Follow up

OTHER QUESTIONS AND COMMENTS





**FOR MORE INFORMATION,
CONTACT
INFO@CENTRECFMI.CA**

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