

Lifestyle Behaviours

How can we facilitate change?

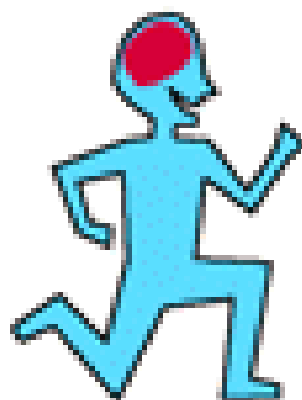
Lifestyle Change & Language Workshop



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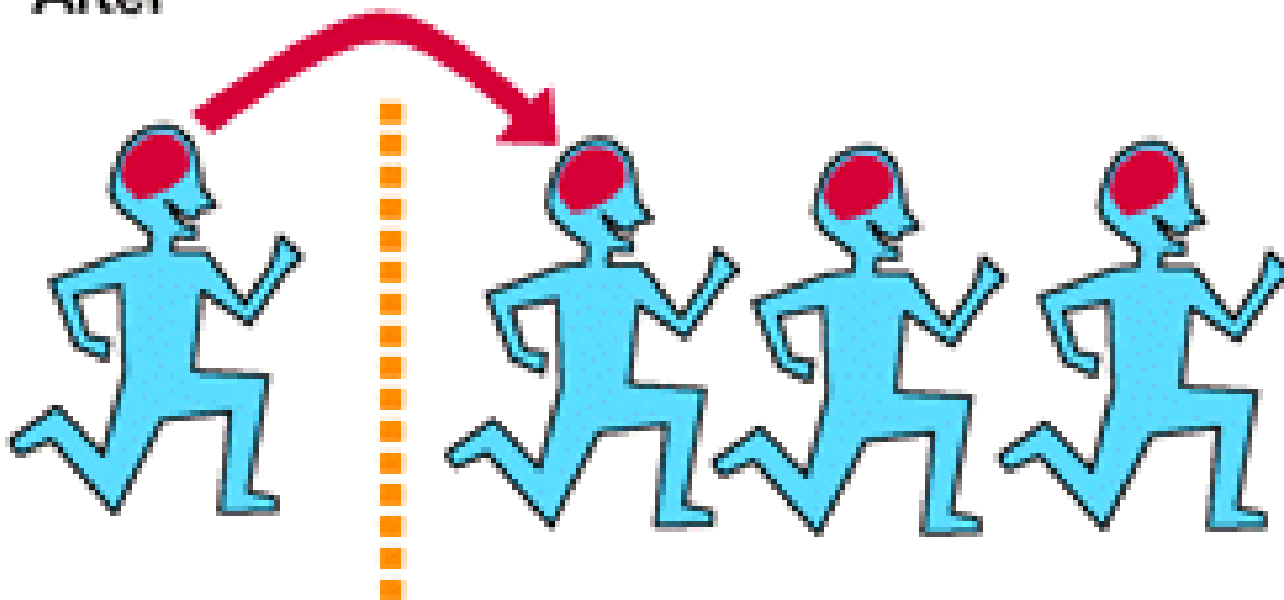
Us

Before



Them

After



Who is arguing for what?



Motivational Interviewing

- *Enhancing intrinsic motivation*
- *Exploring and resolving ambivalence*
- *Empathy*
- *Developing discrepancy*
- *Support Self-efficacy*
- *Rolling with resistance*



Miller & Rollnick

Consultation Types – Example..

- Directed Consultation

(I'm taking responsibility for your problems – medical model)

- Following consultations

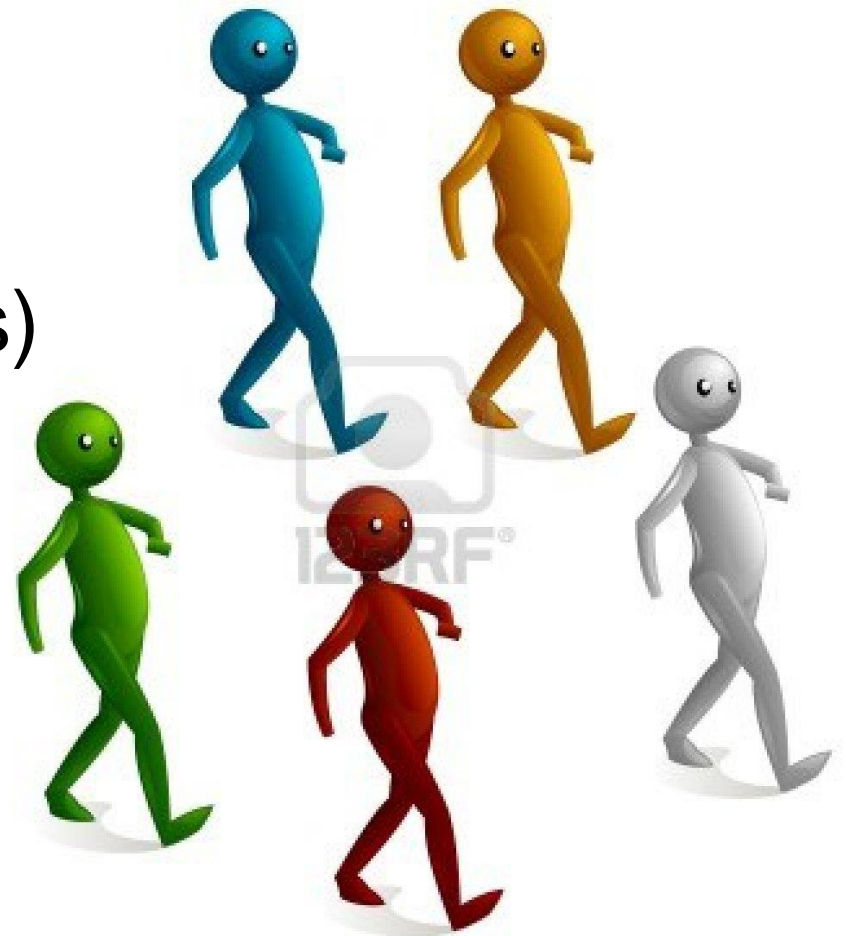
(Limited direction, sometimes useful)

- Guided consultation (Basis for MI)

(Mix – listening and being directive)

Walking Workshop

- Good sentences / Bad Sentences
- Walk and talk (10 mins)
- The agenda





When you are the Therapist..

Brief Intervention (Basic Advice!)



- Directive
 - Topic: I'll pick it
 - Problem: Establish it
 - Solution: I'll tell you what to do
- Collaborative
 - Topic: You pick it
 - Problem: We discuss it
 - Solution: We set a goal

When you are the Patient..

Directive

- Rate it?
 - Problem:(0 to 10)

 - Solution:(0 to 10)

- Comment:

Collaborative

- Rate it?
 - Problem:(0 to 10)

 - Solution:(0 to 10)

- Comment:

Topics to discuss

- Physical Activity (Excluded if..)
 - > 150 mins/wk Planned Exercise
- Diet
- Pain
 - >If you don't have it..
- Sleep
 - 6 to 8 hrs / night





Was that good for you?

Directive

- How did it feel?

– Problem

0-----10



– Solution

0-----10



- Comment:

Collaborative

- How did it feel?

– Problem

0-----10



– Solution

0-----10



- Comment:

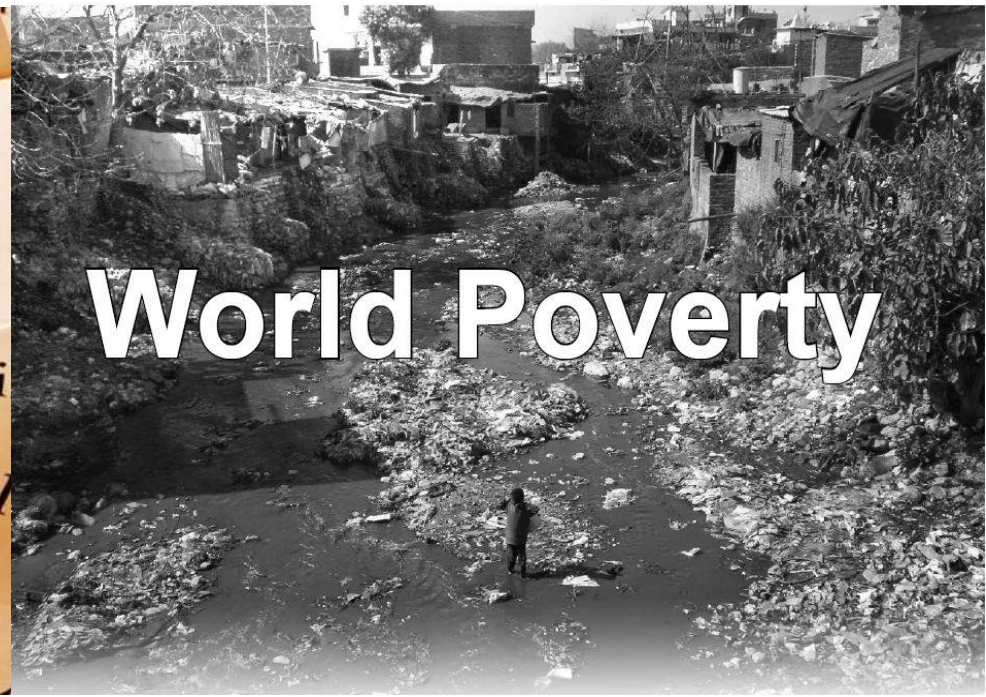
Empathy

- Do we blame our patients..
- Is that in our job description?
- Empathy is a common practice in physiotherapy (Jones and Curley, 2013)



“Eat Less,
Move More”

“Spend Less,
Earn More”



World Poverty

They just won't listen. They could be much better...it's so frustrating

I don't really feel qualified and it takes a long time

When I try they keep talking about things that happened ages ago & changing topic

They seem pretty angry I don't want to push it

Our thoughts...

I really don't want to upset them maybe I shouldn't bring it up

They could be doing a lot more...I'm trying really hard to get them moving

"My GP blames everything on my weight even my ingrown toe-nail...I already know the weight isn't helping"

"I've lost it before it's just I put it all back on again. Other people can do it...it should be easy"

"It's easy for you you're skinny..."

"I try to go the pool but getting in and out is difficult and the changing cubicles are small"

"I wish there was a magic pill that I could take...is there I anything you can help me with?"

"It's hard...my partner is eating healthier & exercising with me now and he's lost more weight than me"

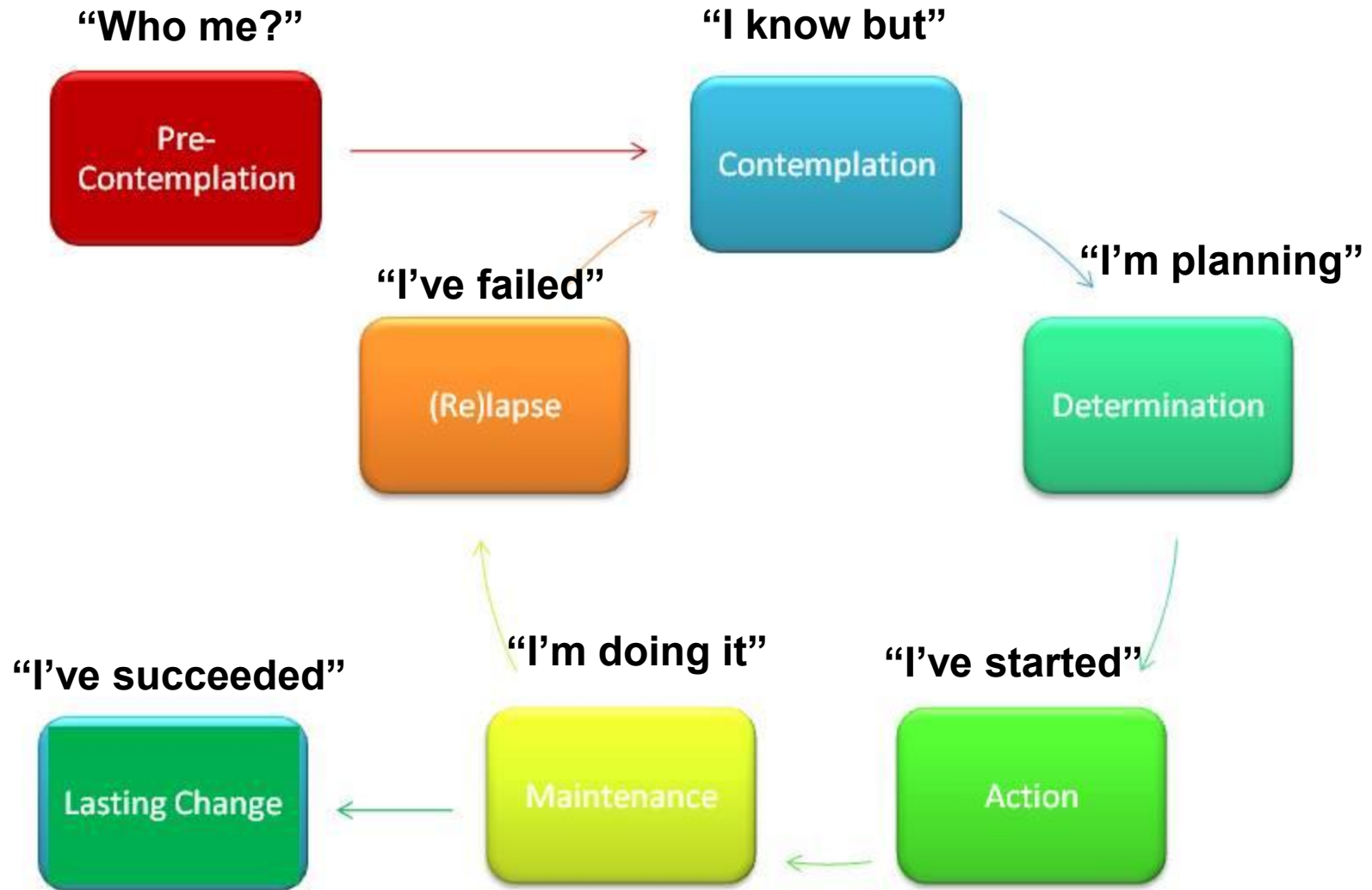
"When I go to a restaurant people look at me...I feel really self conscious & don't really enjoy my meal"

Quiz.. Stage Matching

“What do these people think of physical activity..?”



Cycle of Change



Prochaska and Diclemente Cycle of Change Theory (1982)

Pre-contemplative, Contemplative, Determination, Action, Maintenance, Relapse

Patient A:

“I move every half an hour to help with my knees,
they don’t hurt as much now”

Maintenance

Patient B:

“I was thinking about joining the gym...it’s just I can’t
really afford it & I felt a bit intimidated before”

Patient C:

Contemplative

“I was walking everyday and then my father
passed away & everything stopped. My weight is
back up...I feel all my hard work was wasted...”

Relapse

Pre-contemplative, Contemplative, Determination, Action, Maintenance, Relapse

Patient A:

“I was only telling my brother he really needs to start walking, he’s piled on the weight”

Pre-contemplative

Patient B:

“I’ve started walking more now, but I didn’t reach my goal of 10 minutes everyday...”

Action

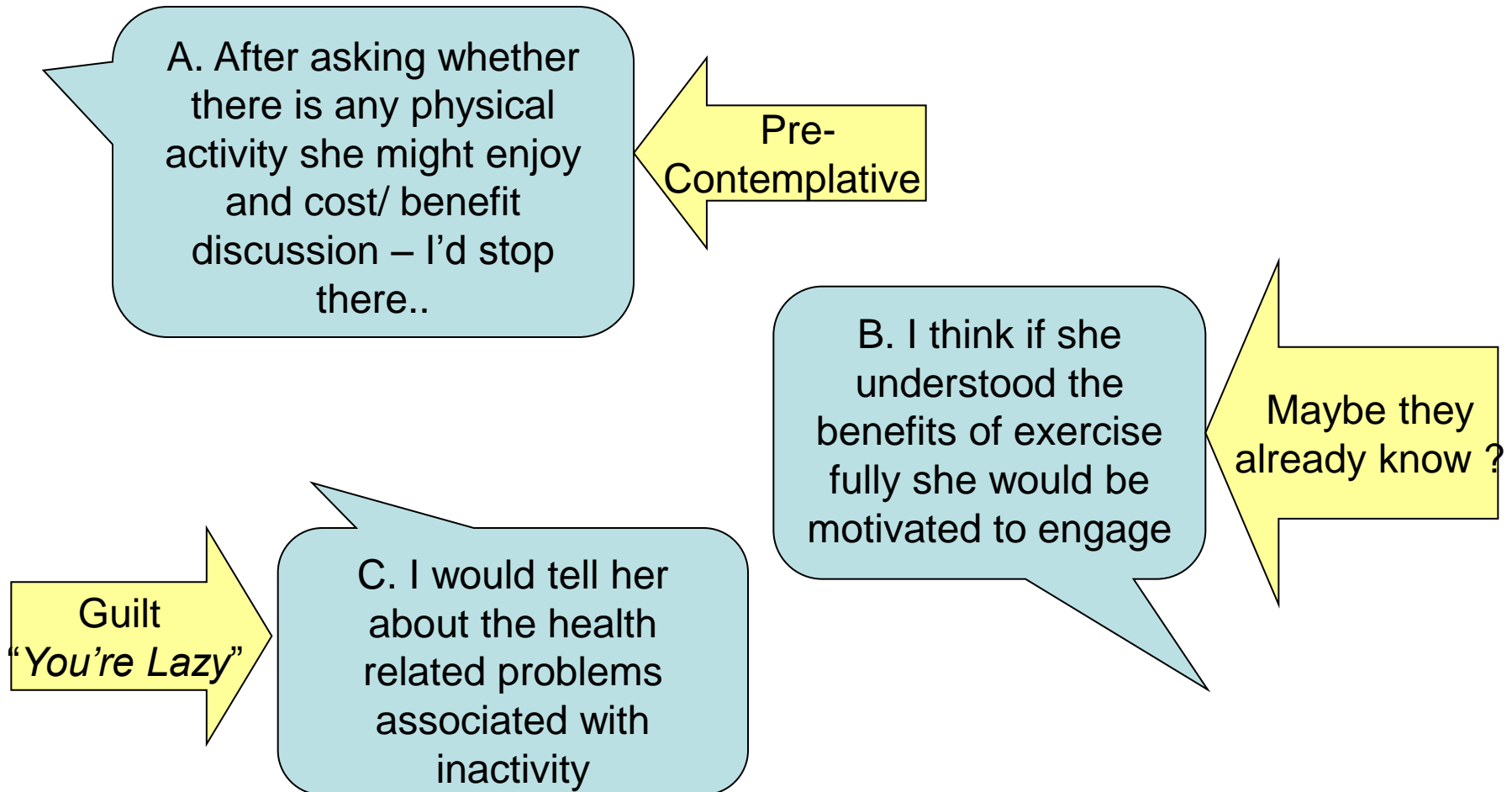
Patient C:

“My neighbour goes to the outdoor gym. I’m going to ask her can I go... I could work at my own pace”

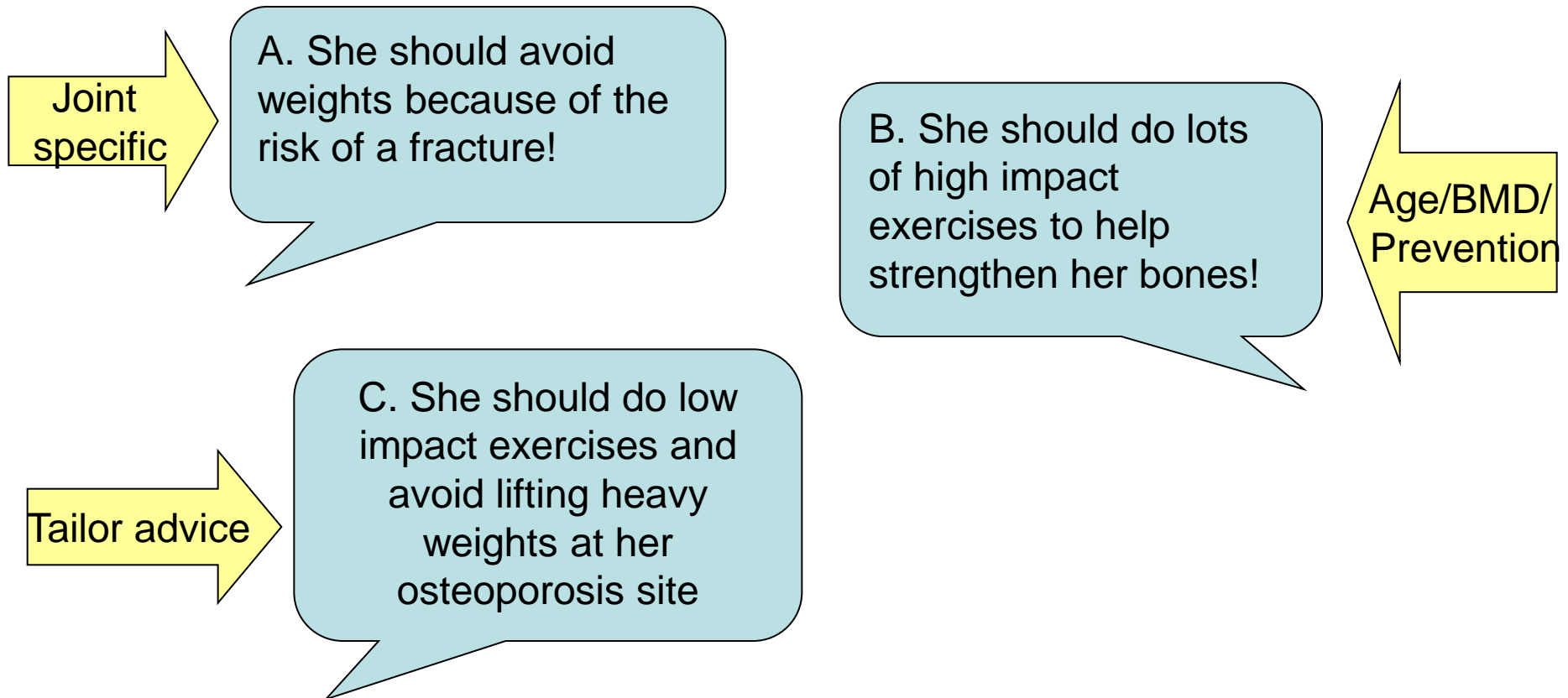
Determination

What should I advise these
people with diabetes?

24yo female already stated no interest in exercise

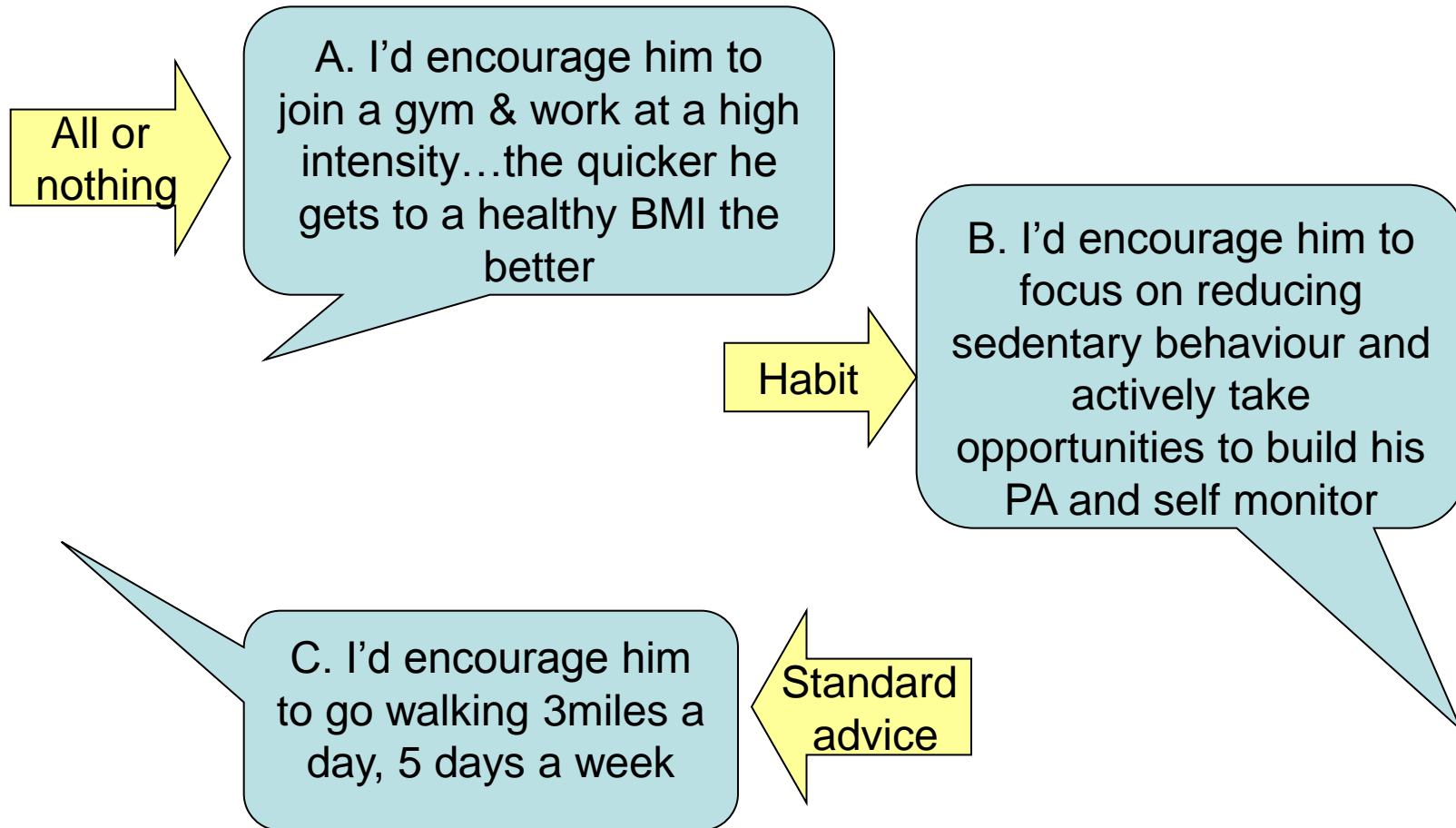


65yo female with osteoporosis



Algorithm for the prevention and treatment of osteoporosis in postmenopausal women and older men. The Royal Australian College of General Practitioners

42yo male with a BMI of 54.2kg/m²



34yo male running 5-10km x 3/7 with glucose good control

Guidelines



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graph LR; G[Guidelines] --> A["A. He's doing enough, I would encourage him to keep going!"]; B["B. I would advise him to swop a run for a weights session"] --> H["+ve habit"]; C["C. I would address introducing weights in the context of other benefits: better times, reduced risk of injury, increased power"] --> M["Work with his motivation"]
```

A. He's doing enough, I would encourage him to keep going!

B. I would advise him to swop a run for a weights session

+ve habit

C. I would address introducing weights in the context of other benefits: better times, reduced risk of injury, increased power

Work with his motivation

Helpful opening sentences.....??

- “As part of our assessment, is it ok if I ask about your routine lifestyle behaviors such as sitting and physical activity?”
- “Could we talk about weight today?”
- “Do you think weight might be adding to your back pain/blood pressure?”
- “Would you like me to explain how physical activity effects pain /diabetes?”
- “Is losing becoming more physical active something you’re thinking about at the moment?”

Useful Phrases

I appreciate..
Tell me how you felt...?
I can see why you see it that way..
What would it take?
Do you mind discussing?
That makes sense
You had some success..
It sounds like you have a plan
How confident do you feel?
You are absolutely right..
It sounds like..
How important is it to you...?
I get the impression..
Did you know...?

Language

| LIKE | DISLIKE |
|----------------------|---------------------|
| Weight (23%) | Fat (66%) |
| Overweight (17%) | Obese (63%) |
| Weight problem (17%) | Heavy (40%) |
| Heavy (11%) | Large (40%) |
| Excess Weight (11%) | Excess Weight (34%) |

The term “obesity” is appropriate when used for scientific publications but may be viewed as pejorative in articles written for the lay public –

Obesity 2012



Summary

- Interventions need to encourage self-regulation and intention forming (Self determination)
- Do our words *foster* or *undermine*..
 - Competence (Perceived / Even when wrong..)
 - Autonomy (Respect for own choices)
 - Relatedness (Connected..)

"I was watching Operation Transformation, sure they're killing themselves.."

"I walk the kids to school everyday and I use my step counter to make sure I meet my targets"

"Exercise is hard..."

"I was only telling my brother he really needs to start walking, he's piled on the weight"

"I get really out of breath and have to sit down when I'm out shopping...I know I have to get fitter"

"If I had the time I would love to get out for a walk. It's just with work & the kids...it's pretty hard"

"I was thinking about joining the gym...it's just I can't really afford it & I felt a bit intimidated before"