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Staying on the Road to a Healthier You Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Tobacco and Your Health*

1. Many people continue to smoke in spite of the negative effects it can have on physical health.
2. Smoking tobacco may make it harder for medicine to work.

Review Personal Practice Options from last session.

Note



This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember

It is important to acknowledge and discuss participants' successes, progress and challenges.

Tips for this Session

1. This final session is a recap of the physical activity workbook. Encourage participants to reflect on what they found to be the most valuable information for them from the materials. It is always meaningful to give someone feedback on a strength they displayed or a contribution that they made. You may want to prepare comments for each participant that you can share with them.
2. This is a good time to go back and do another *Fitness Self-Assessment and Goal Setting* session if it fits with your planning. This activity can serve as a reminder of how much participants have learned and assist them in identifying new goals so they can maintain a healthy lifestyle.
3. Plan to celebrate the completion of this workbook by marking the event with something special. You may want the participants to plan a reception of some kind, or you may want to invite guests and treatment team members to plan a celebration for participants. In any event, mark the occasion with a special event.
4. Because this is the last session and you will structure it as you choose, there is no suggestion for topic introduction other than acknowledging the achievement of completing the workbook.

Facilitator Notes

(continued)

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998), the Personal Growth Initiative Scale (PCIS), developed by Christine Robitschek, Ph.D., the Quality of Life Index by Dr. W. O. Spitzer, 1980, or the COOP Chart for Primary Care Practices (Eugene C. Nelson, 1987).

The Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998) is an abbreviated version of the Short-Form-36 Health Survey. This survey has 7 questions (using Likert scales from 1-5) regarding the person's views about their own health in the last four weeks. It addresses general health and how health affects the person's physical activities and daily activities. It also addresses emotional issues and feelings and whether either physical or emotional health has interfered with social activities. The Short-Form correlates extremely well with the longer, 36 health survey and offers a good way to gauge physical and emotional health. Cultural differences can create potential challenges in regards to the interpretation of questions and, ultimately, answers. A heightened awareness by clinicians can increase the reliability of results.

The PGIS (Christine Robitschek, Ph.D) is a 9 question, self-report instrument that yields a single scale score for personal growth initiative. Personal growth initiative is a person's active and intentional involvement in changing and developing as a person. The PGIS consists of nine items that are rated on a Likert scale from 1 = Strongly Disagree to 6 = Strongly Agree. Item scores are summed to obtain a total PGI score. There is evidence that high scores on the PGIS are strongly positively related to

psychological well-being and lower scores are related to psychological distress. Reliability and validity evidence has been strong. The PGIS takes about 5 minutes to complete, and there is no time limit. <http://www.ppc.sas.upenn.edu/ppquestionnaires.htm#ASQ>

The Quality of Life Index, by Dr. W. O. Spitzer, has both a 5 topic self-rating scale and a 5 topic clinician scale, which allows clinicians to compare their impressions to a client's perception. The dimensions measured Activity, Daily Living, Health, Support, and Outlook. The clinician version measures from 0 - 2 with 0 indicating lower quality and 2 indicating higher quality of life. This instrument has been used in many studies and is considered a reliable and valid tool.

The COOP scales (The Dartmouth/Northern New England Primary Care Cooperative Information Project) was developed to create a system to measure health status in physicians' offices. One of the basic tenets of the charts is that the functioning of the person as a whole is more important than that of separate organ systems. You may have seen some of the graphic charts (e.g., the "face" charts to measure feelings). Other graphic charts measure daily activity levels, social activities, physical fitness, change in health, overall health, social support, and quality of life. These charts are widely used in studies and are found to have good reliability and high validity. They are rated as useful by high numbers of office staff and clients.

The editors believe this scale (or these scales) fit the content of this workbook well. These and other health measures can be found in McDowell, (2006).

Suggestion for Topic Introduction and Relevance to Participants

(open as you think best to mark the occasion)

Topic Assessment

1. B 2. C 3. A 4. A

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 16: Aerobic Exercise



Main Learning Points of Session 16

What were the main learning points of Session 16? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Many people continue to smoke in spite of the negative effects it can have on p_____l health.
2. Smoking tobacco may make it harder for m_____e to work.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

1. **Yes.** How did it go? _____

2. **No.** What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. **I didn't choose a small healthy step.**

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. We can't learn from any challenges we experience.

- A. True B. False

2. Wellness and living a healthy lifestyle:

- A. Is an all-or-nothing decision.
B. Just happens. You don't need to take action to make it happen.
C. Is a process of taking small healthy steps.
D. Is something you must make yourself do everyday.

3. Getting and staying on the road to a healthy lifestyle is best achieved by a series of small healthy steps.

- A. True B. False

4. When you choose your activity goals, it is best to start with:

- A. 1 or 2 goals
B. 2 or 3 goals
C. 3 or 4 goals
D. 4 or 5 goals

5. I am confident that I can and will stay on a healthy path.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree Unsure

Topic Assessment



6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Staying on the Road to a Healthier You

Objective for this Session

Review the *Solutions for Wellness – Choosing Wellness: Physical Activity*.

You've been using the *Solutions for Wellness* program now for a while. Congratulations on a job well done! Below is some information and tips to keep you stay on the road to a healthier you.

You have been armed with the right information, tools, and a team of people ready and willing to support your move toward a healthy lifestyle. Keep in mind that setbacks, or going back to your old ways, can be a natural part of the change process. Setbacks are often triggered by an unexpected event. Whatever the reason, people usually go through several cycles of setbacks and getting back on track.

Setbacks do not mean failure. The good news is that we can learn from every setback we experience. It is important to plan for them instead of resisting them.

Main Learning Point #1

We can learn from every setback and challenge we experience.

Staying on the Road to a Healthier You (continued)



The greatest wealth is health. Invest in your wellness future by planning how to prevent and manage set-backs.

Some Tips to Prevent and Manage Setbacks:

- 1. **Focus on one or two wellness goals at a time.** When you reach one goal and it has become part of your lifestyle, then start the next one.
- 2. **Be patient with yourself.** Change happens with “small healthy steps.” If one healthy step doesn’t work for you, select another. Different steps work for different people.
- 3. **To be successful, think about a healthy lifestyle as a life-long process.** Make a commitment each morning to live healthy life one day at a time.
- 4. **Spend less time in front of the TV or computer.**
- 5. **Practice doing some form of physical activity, outside of your daily activities, at least 3 times a week.**
- 6. **Keep tempting foods out of sight and out of reach.**
- 7. **Sleep well.** Get a restful night’s sleep on a regular basis.
- 8. **Watch your caffeine and sugar intake, especially before you go to bed.**
- 9. **Manage your stress.** Making time for physical activities can help you do this.
- 10. **See your primary care practitioner, dentist and eye doctor regularly.**
- 11. **If you run into barriers, speak to a friend, family member, treatment team member or someone else in your support network.**
- 12. **Other:** _____

Wellness and living a healthy lifestyle is not an “all or nothing” decision. It is a process and some days you will do better than others. If a day or two goes by where “there is a lot of room for improvement” in your wellness choices, it is important to take another look and not continue on this path for weeks at a time. The longer you do something, the more likely is that it will become a habit.

Staying on the Road to a Healthier You (continued)

This program encourages you to keep track of your progress and think about small healthy steps you can take everyday to make better choices, such as moving more and eating healthier. You may choose to re-assess your fitness by taking your *Fitness Self-Assessment*, again, now or at a later time. This is a tool you are encouraged to use at different stages of your wellness journey.

Main Learning Point #2

Moving forward with a wellness and physical activity lifestyle is a process of taking small, healthy steps.

If you realize one day that you are making unhealthy choices, decide right away to make healthier choices and to talk to someone in your support system who can help you.

Main Learning Point #3

You have the right tools and information to have a healthy lifestyle.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

Take A “Small Healthy Step” to Ensure Your Success!

Since this is the last session, it is even *more* important to keep practicing the knowledge and skills you have gained. What will you do in the days and weeks to come to practice what you have learned? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about it.
- 3. APPLY.** I will choose and apply one of the “Tips to Prevent and Manage Setbacks” to my healthy lifestyle.
- 4. OTHER** (Choose Your Own “Small Healthy Step”): _____

Congratulations for completing this workbook. Keep working on meeting your physical activity goals.