

# Brief Action Planning

Nancy Willis, CBAP, Living Well Self-  
Management South East Ontario

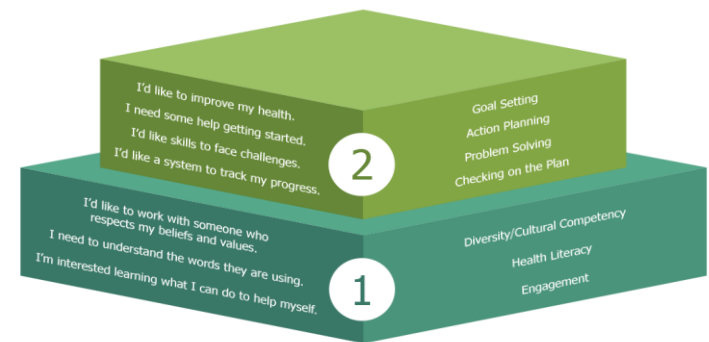
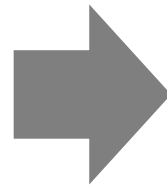
***Primary Care Hypertension/Smoking Update Brag and Steal  
Opportunities to Improve your Practice***

# Faculty/Presenter Disclosure

- **Faculty: Nancy Willis**
- **Relationships with commercial interests:**
  - **Grants/Research Support:** None
  - **Speakers Bureau/Honoraria:** None
  - **Consulting Fees:** None
  - **Other:** None

Person Centred  
Evidence Based  
Stepped Care Approach  
Self-Management Support  
**Brief Action Planning**  
Motivational Interviewing Based  
Highly Structured  
Compassion  
Partnership  
Acceptance  
Evocation

# Stepped Care Self-management Support



## Step 2

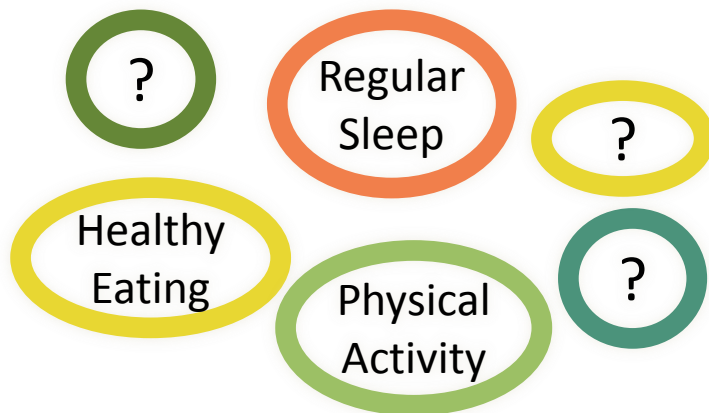
- Goal Setting
- Action Planning
- Problem Solving
- Checking on the plan

# What's the difference?

## Self-management

- “...is the decisions and actions that I take to improve my health and well-being.”

Based on Gantz, 1990



## Self-management Support

- Assisting someone to make decisions and take actions for their well-being where help is wanted or needed.

Based on Gantz, 1990



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

“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

“That’s fine, if it’s okay with you, I’ll check next time.”

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

SMART Behavioral Plan

1) Ask permission to share ideas.  
2) Share 2-3 ideas. The last idea is one of their own.  
3) Ask if any of these ideas might work

Elicit a Commitment Statement

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

Confidence  $\geq 7$

Confidence  $< 7$ ,  
Problem Solving

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

How?  
When?  
With whom?

Check on Progress

# Mr. Smith's Smoking Evolution

Mr. Smith and his doctor, Dr. Damara Gutnick illustrate how you might use Brief Action Planning in your practice to encourage smoking cessation.

<https://www.youtube.com/watch?v=0z65EppMfHk>



# Contact for more information:

Name: Danielle Deptuk

Role on Team: Self-Management Program Administrator

Email: [danielled@kchc.ca](mailto:danielled@kchc.ca)

Phone: 613.542.2949 ex.1179

Self-Management Program of Southeastern Ontario:

[www.livingwellseontario.ca](http://www.livingwellseontario.ca) or [selfmanagement@kchc.ca](mailto:selfmanagement@kchc.ca)

@LivngWellSMPSEO

Centre for Collaboration, Motivation & Innovation:

[www.centreCMI.ca](http://www.centreCMI.ca) or [info@centreCMI.ca](mailto:info@centreCMI.ca)