

Adherence toolkit



Gary Latchford
Alistair Duff

Department of Clinical and Health Psychology
St James's' University Hospital
Leeds

An introduction to this toolkit

This adherence toolkit is designed to be used alongside the guide to adherence in CF and the accompanying workshops. The toolkit contains a number of handouts and tools introduced in the guide, to support your interventions to change behavior. These tools can be copied and used with your patients at the different stages of contemplating changing their adherence behavior, from initial discussion to monitoring change.

We hope you find them useful!

Contents

Assessment questions to map influences on adherence

Weekly diary (version 1)

Weekly diary (version 2)

ABC-R chart

Readiness ruler

Scaling questions

Scaling questions (Steps version)

Thinking about pros and cons

Thinking about likes and dislikes

SMART goals sheet

Change plan

Implementation Intention Plan

Problem solving guide

Problem solving blank work sheet

Rewards plan sheet



Assessment questions to map influences on adherence

Focus (treatment) _____

Area	Possible Question
Influence of others	<p>What do you think others expect you to do?</p> <p><i>The team</i></p> <p><i>Partner</i></p> <p><i>Family/parent</i></p> <p><i>Friend/anyone else?</i></p>
Knowledge	<p>What's your understanding of _____ (the treatment)</p> <p><i>What does it involve?</i></p>
History	<p>What's your experience been of it in the past?</p> <p><i>Good?</i></p> <p><i>Bad?</i></p> <p><i>Have you heard about the experience of others who have had it?</i></p>
Beliefs about medicines	<p>What do you expect to happen if you take it regularly?</p> <p><i>Benefits?</i></p> <p><i>Costs (including side effects)?</i></p> <p><i>How important is this?</i></p>
Beliefs about susceptibility	<p>What do you expect to happen if you don't take it?</p> <p><i>Benefits?</i></p> <p><i>Costs (including side effects)? (How serious?)</i></p> <p><i>How important is this?</i></p>
Values	<p>What do you think you ought to do?</p>
Beliefs about own abilities	<p>Would you be able to take it if you decided to?</p>

Weekly Diary

Date	Record (✓ x)	Barriers – what made it harder?	Facilitators - what made it easier?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Diary

Date	What treatment?	What happened?	How easy was it (0-100)?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

ABC-R

Antecedents What happened before? <i>Where were you?</i> <i>What were you doing?</i> <i>How were you feeling?</i> <i>What were you thinking?</i>	Behaviour What did you do?	Consequences What happened after?	Review What are your thoughts and feelings about this now?

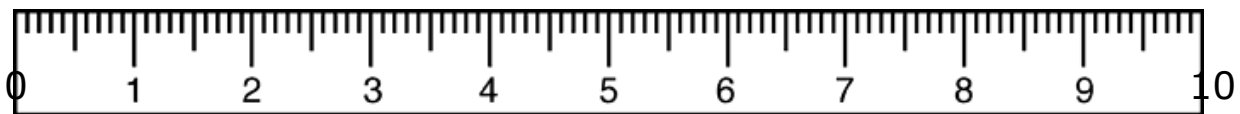
Readiness ruler: Thinking about change

The behaviour you are thinking about changing:

Importance

How important is it for you to change this behaviour right now?

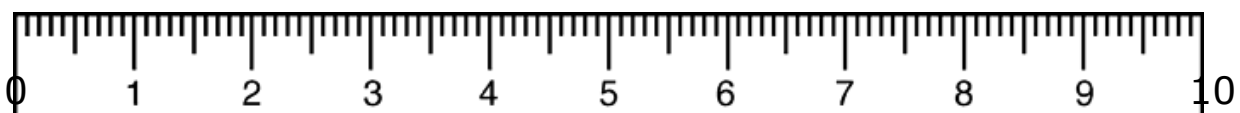
Please rate how important you feel it is to change on the following scale with an X, where 0 is 'not important at all' and 10 is 'the most important thing'.



Confidence

If today were the day you decided to change the behaviour, how confident are you that you could do it?

Please rate your confidence on the following scale with an X, where 0 is 'not confident at all' and 10 is 'very confident'.



Thinking about change: scaling questions

The behaviour you are thinking about changing:

Importance

How important is it for you to change this behaviour right now?

Please rate how important you feel it is to change on the following scale with an X, where 0 is 'not important at all' and 10 is 'the most important thing'.

0 _____ **10**

Confidence

If today were the day you decided to change the behaviour, how confident are you that you could do it?

Please rate your confidence on the following scale with an X, where 0 is 'not confident at all' and 10 is 'very confident'.

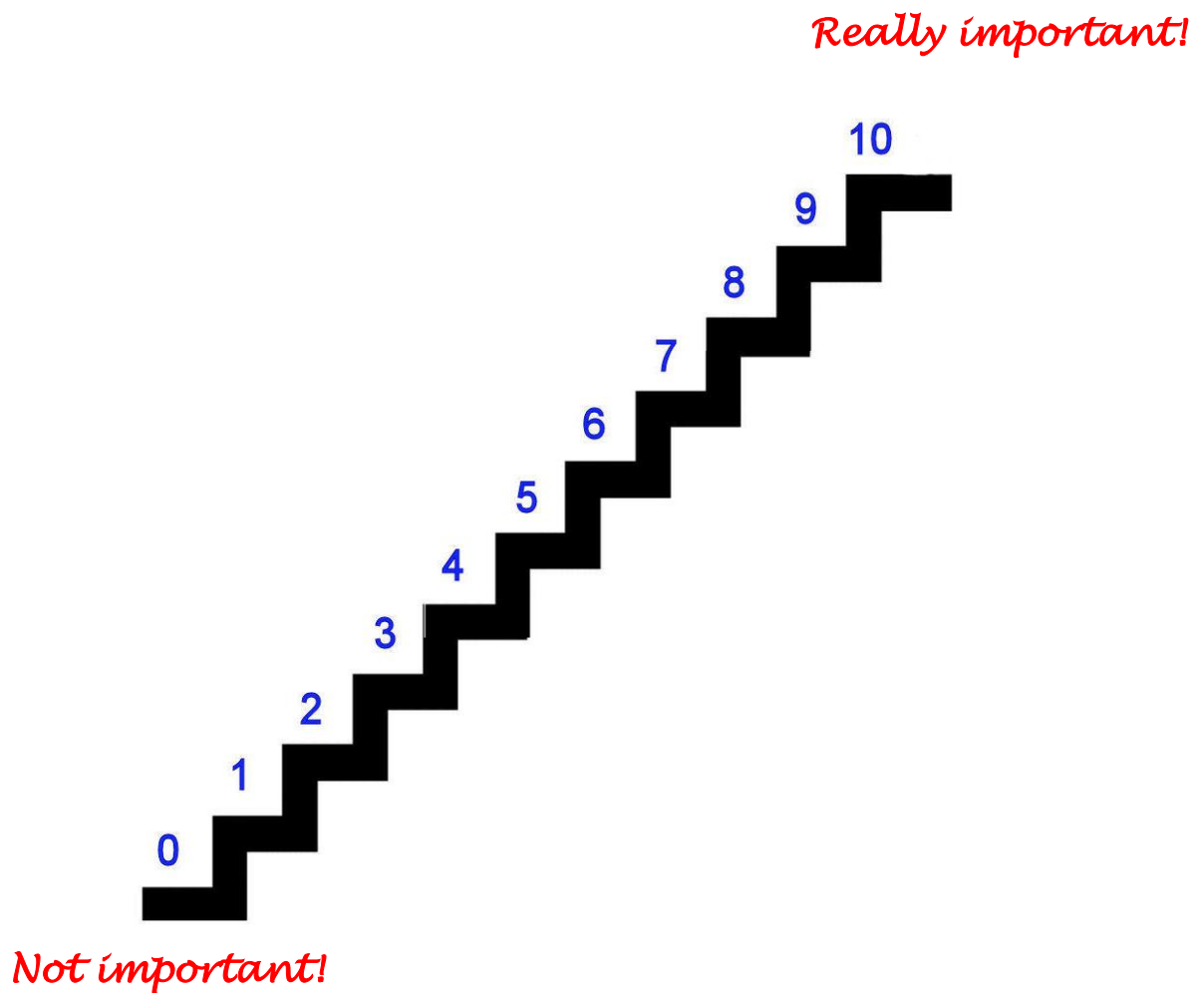
0 _____ **10**

Thinking about changing

What are you thinking of changing?

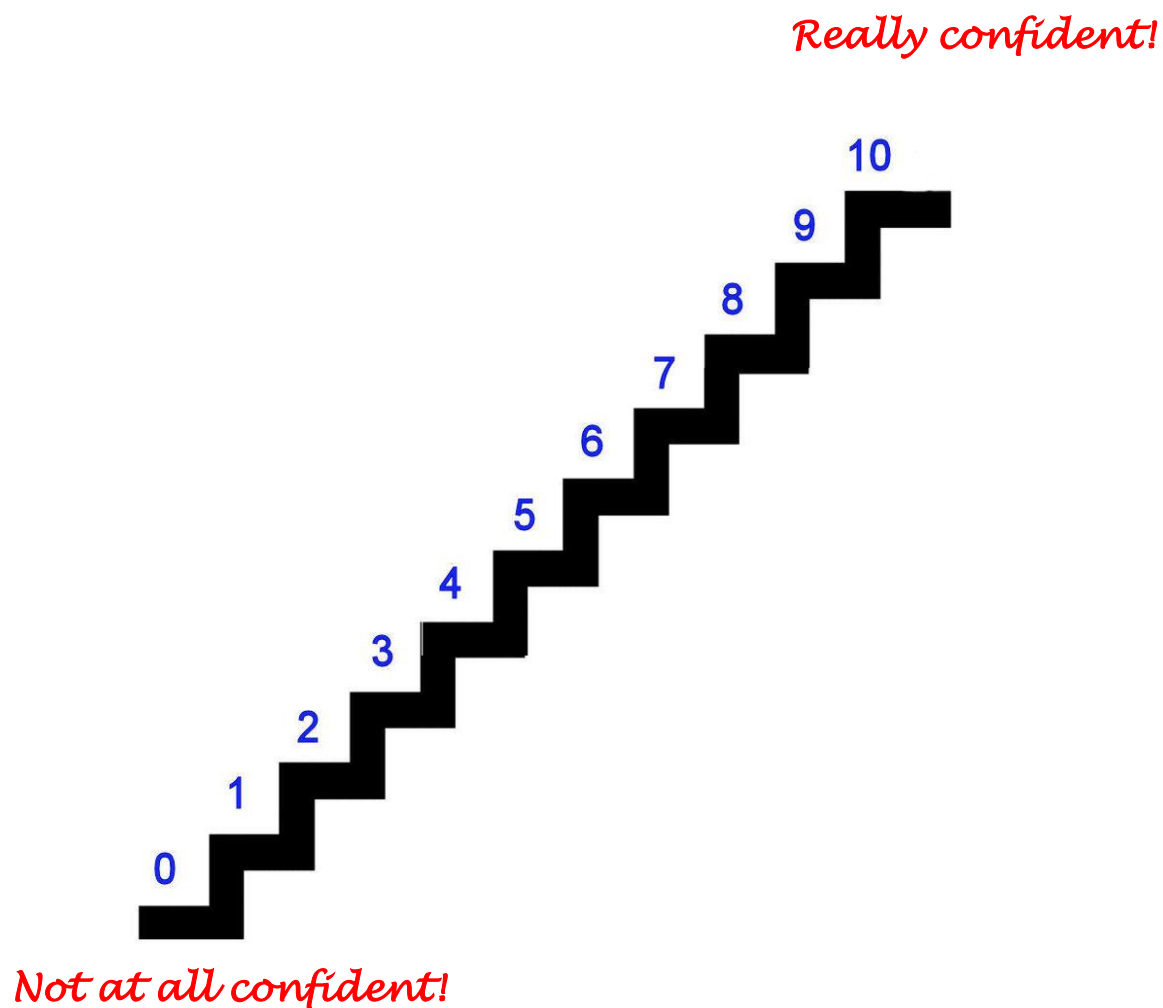
Importance Steps

How important do you think it is for you to change this right now, on a scale of 0-10?



Confidence Steps

If today were the day you were going to change, how confident are you that you could do it, on a scale of 0-10?



Thinking about the pros and cons

What do you think are the pros and cons of staying the same and changing?

	Staying the Same	Changing
The Benefits		
The Costs		

Thinking about likes and dislikes

<p>I DON'T want to change because....</p>	<p>BUT these are the bad things about not changing....</p>
<p>I DO want to change because.....</p>	<p>BUT these are the bad things about changing....</p>

SMART Goal:

<i>Criteria</i>	<i>How does the goal meet this?</i>
S Specific	
M Measurable	
A Attainable	
R Relevant	
T Time-Bound	

Change plan

What will I change?

Why do I want to change?

My main goal is:

I'm going to achieve this with this plan:

<i>Action I'm going to take</i>	<i>When</i>	<i>What can help? (including people)</i>	<i>What obstacles might get in the way?</i>	<i>How will I deal with any obstacles?</i>

How will I know when I've succeeded?

Implementation Intentions planning sheet

	If... (the cue that there's a problem)	Then I will... (realistic effective response)
Getting started		
Getting derailed		

A user's guide to problem solving

Step 1: What's the problem?

Describe the problem as clearly as possible, and agree on what you've written.

Step 2: What's the goal?

Agree on the goal and write it down. Make sure it's realistic and achievable.

Step 3: Brain storming

Everyone is asked to generate possible solutions to the problem. The rule here is that anything goes – from practical to fantastical or wish fulfillment. As they come up, write them down. If you can, write them on sticky notes and pin them up. The aim is to come up with as many solutions as everyone can think of.

Step 4: Weight them up

For each of the possible solutions, write down the pros and cons as you all see them.

Step 5: Choose

Select the best and most feasible solution – this is the one to be tried out. Write down exactly how it is to be carried out.

Step 6: Have a go

Try out the chosen solution.

Step 7: Did it work?

Evaluate the solution. If it worked, carry one and perhaps extend it. If not, see if it can be adapted or start again.

Problem solving worksheet

Problem	Goal
----------------	-------------

Possible solutions	Weigh them up		Choose the best
	<i>pros</i>	<i>cons</i>	
1			
2			
3			
4			
5			
6			

Rewards plan

Date	Success? (✓x)	Reward	Reflections?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



This toolkit was written by Gary Latchford and Alistair Duff

Illustrations and photos by Gary

This version: November 2011