

PILI Lifestyle Program

Facilitator's Guide

Session 7: "Prevention is Key"

Question/Topic	Script	Reminder/Activity	Page #
Welcome	<p><i>Aloha</i> and welcome back to lesson seven of the <i>PILI Lifestyle Program</i>.</p> <p>Let us begin with a review from last session.</p>	<ul style="list-style-type: none"> ○ Ask participants if they would like to pule (pray) before starting. 	
What did we talk about last time?	<p>We talked about dealing with social situations by:</p> <ul style="list-style-type: none"> ✓ Staying away from or changing the situation, if you can. ✓ Just saying "No" nicely. ✓ Planning ahead for things you know will come up. ✓ Knowing what triggers your unhealthy behaviors and replacing them with healthy behaviors. ✓ Asking others for help. <p>Let us review the action plan you made last time.</p> <p>[Review participants' action plans, their progress, and address any concerns they may have]</p>	<ul style="list-style-type: none"> ○ Review the goals and main ideas from the last session. ○ Ensure the participants are clear on the goals and these main ideas. ○ Ask participants to pull out tracking information/action plan to review. ○ Ask participants if they have questions or concerns about what was covered. ○ Take no more than 5 minutes to discuss how everyone thought they 	

Question/Topic	Script	Reminder/Activity	Page #
<p>What will we talk about today?</p>	<p>We will talk about ways to prevent problems from getting in the way of reaching your healthy lifestyle goals.</p> <p>This lesson's theme is <i>Prevention is key!</i></p> <p>We will talk about how to...</p> <ol style="list-style-type: none"> 1) Problem-Solve to prevent difficult situations from getting in the way of maintaining your healthy lifestyle goals. 2) Partnering with your doctor to get the most out of your healthcare to prevent health problems. 	<p>did.</p> <ul style="list-style-type: none"> ○ Answer participants' questions about this lesson's goals. ○ Write these goals down on the flipchart/board. 	
<p>Why is problem-solving important?</p>	<p>Many things can get in the way of being more active and eating healthy. But problems can be solved!</p> <p>Problem-solving ahead of time is a great way to overcome barriers that may come up - instead of avoiding them or giving up.</p>		
<p>5 Easy Steps to problem-solving: Step 1</p>	<p>The First Step is to describe the problem in detail and be specific.</p> <p>Look at what led up to the problem.</p> <p>Find the chain of events (<i>action chain</i>) that lead to the problem.</p> <p>Try to look for the links in the action chain. Things to look for include:</p> <p>“Cues” that make you want to eat</p>		

Question/Topic	Script	Reminder/Activity	Page #
	<p>unhealthy or be inactive. People who don't support you. Thoughts or feelings that get in your way.</p> <p>Here is an example of Kimo's action chain that led him to making unhealthy eating choices:</p> <div style="text-align: center;"> <p>Boss was critical of Kimo</p> <p>↓</p> <p>felt stressed and anxious</p> <p>↓</p> <p>didn't eat lunch</p> <p>↓</p> <p>He came home tired, upset, and hungry</p> <p>↓</p> <p>He went right to the kitchen</p> <p>↓</p> <p>He saw cookies on counter</p> <p>↓</p> <p>He ate cookies.</p> </div> <p>Does Kimo's action chain sound familiar?</p>		

Question/Topic	Script	Reminder/Activity	Page #														
Step 2	<p>The second step is to think about your options.</p> <p>Here is an example of Kimo’s options for each link in his action chain:</p> <table><tr><th>Links</th><th><i>Some of Kimo's Options</i></th></tr><tr><td>Boss was critical.</td><td>Talk with his boss about solving the problems at work.</td></tr><tr><td>Felt stressed and anxious.</td><td>Take a break. Get support from a co-worker.</td></tr><tr><td>Didn't eat lunch.</td><td>Quit his job. (Just kidding) Pack a quick bag lunch.</td></tr><tr><td>Came home tired, upset, and hungry</td><td>Go for a walk after work to unwind.</td></tr><tr><td>Went right to the kitchen</td><td>Enter house through different door. Plan something to do the minute he gets home (like getting out in the yard, straightening a closet or room in the house).</td></tr><tr><td>Saw cookies on counter.</td><td>Don't have cookies in the house. Keep cookies out of sight. Keep fruit in sight instead.</td></tr></table>	Links	<i>Some of Kimo's Options</i>	Boss was critical.	Talk with his boss about solving the problems at work.	Felt stressed and anxious.	Take a break. Get support from a co-worker.	Didn't eat lunch.	Quit his job. (Just kidding) Pack a quick bag lunch.	Came home tired, upset, and hungry	Go for a walk after work to unwind.	Went right to the kitchen	Enter house through different door. Plan something to do the minute he gets home (like getting out in the yard, straightening a closet or room in the house).	Saw cookies on counter.	Don't have cookies in the house. Keep cookies out of sight. Keep fruit in sight instead.		
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	<p>we went through Kimo's options you might have noticed that at every link in his action chain there was a way to deal with it to avoid the next link from happening.</p> <p>For example, if Kimo was able to talk to a co-worker when he began feeling stressed and anxious, it might have made him feel better about taking a lunch break and eating lunch.</p> <p>And, if he had eaten lunch, he probably would not have been so tempted by the cookies on the counter.</p> <p>Do you have any questions so far about problem-solving steps 1 and 2?</p>		

Question/Topic	Script	Reminder/Activity	Page #
<p>Step 3</p>	<p>The third step is to choose an option that works best for you.</p> <p>Weigh the pros and cons. Choose one that is very likely to work and that you can do. Try to break as many links as you can, as early as you can.</p> <p>Going back to Kimo's example, if he feels uncomfortable talking to his boss or other co-workers, he could take time out to relax and calm down.</p> <p>He could also keep cookies and other candies and snacks out of the kitchen and only have fresh fruits as snacks available.</p> <p>Kimo has many options because he was able to identify his action chain and options.</p>		
<p>Step 4</p>	<p>The fourth step is to make an action plan.</p> <p>By now you are an expert at making action plans.</p> <p>Here is an example of Kimo's action plan:</p> <p>I will: deal with any work stress by having lunch with a co-worker to talk it over.</p> <p>When: anytime my boss gets on my case.</p>		

Question/Topic	Script	Reminder/Activity	Page #
	<p>Roadblocks that might come up: I might be too upset to remember or no co-worker may be available to have lunch. So, I'll try to bring home lunch as often as possible.</p> <p>I will do this to make my success more likely: I will have fruits and vegetables available as snacks in the house.</p>		
<p>Step 5</p>	<p>The final step is to practice, practice, and practice.</p> <p>Problem solving is a <i>process</i> so don't give up!</p> <p>If it didn't work for you the first time, problem-solve again. Maybe the options you picked were not the best for you.</p> <p>Let's practice our problem-solving skills by pulling out the <i>Lifestyle Balancer Problem Solver</i> handout and the "What to do When You Run into Roadblocks" handout in the back of your binder.</p> <p>[Briefly go over handouts. Ask them to complete at home and bring to next session for discussion]</p>		
<p>Partnering with your doctor</p>	<p>Now that you have had practice problem solving, a common problem that many people have is that they are not always comfortable going to and talking with their doctor.</p> <p>Since our doctor is often an important person when it comes to managing our health and preventing problems, let us talk about how to partner with our doctor.</p>		

Question/Topic	Script	Reminder/Activity	Page #
	<p>The next topic we will talk about is partnering with our doctor in meeting our healthy lifestyle goals.</p> <p>We will discuss how to...</p> <ol style="list-style-type: none"> 1) Make the most out of your doctor visit 2) Work with your doctor as a team member to make decisions about your health 		
<p>How is partnering with my doctor helpful?</p>	<p>By taking part in this program you have already started a prevention program.</p> <p>By living a healthy lifestyle you can help to prevent chronic illnesses such as...</p> <p style="text-align: center;">Diabetes Heart Disease Hypertension or Stroke</p> <p>But you can also help prevent these health problems...and others...by talking with your doctor on a regular basis.</p>		
<p>How can I PARTNER with my doctor?</p>	<p>Working closely with your doctor can be one of the best ways to prevent long term health problems.</p> <p>When you <u>partner</u> with your doctor, you will need to TALK with him or her so that he or she can better understand what is happening with YOU!</p> <p>Just like when you take your car into the</p>		

Question/Topic	Script	Reminder/Activity	Page #
	<p>shop, you need to talk with the mechanic so he or she can do a better job of knowing exactly where the problems are.....</p> <p>This will help your doctor...just like your mechanic...to know <u>where to focus his/her attention first</u> and if any problems are found, to prescribe the “best treatment” for YOU.</p>		
<p>What about asking questions to understand any problems?</p>	<p>If your doctor finds a problem, be sure to ask your doctor what these problems mean.</p> <p>If you are not satisfied with his explanation, let your doctor know that you still don’t understand the problem.</p> <p>Ask him or her where you can find additional information. You may also want to ask for written information about the problem if available.</p> <p>In some cases, your doctor may need to send you to a specialist for additional treatment.</p> <p>Make sure you understand the problem, so you can work with the specialist to deal with it.</p>		
<p>What if I’m not comfortable talking with my doctor?</p>	<p>Many patients do not feel comfortable talking with their doctor.</p> <p>Yet...talking with your doctor is one of the best ways to stay healthy and to prevent long term health problems.</p> <p>Here are some common reasons why people say they don’t like talking with their</p>	<p>Do the Flip chart Post-it-note Activity:</p> <ul style="list-style-type: none"> ○ Have pts. write down 3 reasons why they don’t like talking with 	

Question/Topic	Script	Reminder/Activity	Page #
	<p>doctor.....</p> <p>I'm afraid the doctor will think my question is dumb. I don't want the doctor to get mad and scold me. If I tell the doctor what I'm really doing... I'll get a lecture.</p> <p>Can you think of some other ones?</p>	<p>their doctor. Then pass them to the front</p> <ul style="list-style-type: none"> ○ Group the reasons that are similar together. ○ Read out the common themes expressed by the group. 	
<p>3 EASY STEPS to Talking with Your Doctor!</p>	<p>Partnering with your doctor to get the best health care might be easier than you think....</p> <p>You Get the Most out of <u>your visit</u> with the Doctor by following 3 Easy Steps.....</p>		
<p>#1: "PREPARE"</p>	<p>Prepare means taking a few minutes before your doctor's visit to think about what YOU want to talk to your doctor about.</p> <p>It doesn't have to be complicated.... just 1 or 2 things that you would like your doctor to focus on for that visit.</p> <p>Write it down and bring it with you into the doctor's office.</p> <p><u>Prepare</u> also means bringing:</p> <ul style="list-style-type: none"> ➤ Records that you have kept since your last visit. ➤ List of medicines you are taking (or the bottles) <p>By bringing this information, the doctor can better help you and it will help open</p>	<p>Ask for a show of hands of people who have done this or thought of doing this.</p> <p>Have participants practice writing out 1-2 things to ask their doctor at their next visit.</p>	

Question/Topic	Script	Reminder/Activity	Page #
	things up for you to ask questions.		
#2: “TALK IT OUT!”	<p>When you SEE your doctor be sure to let him or her know <u>what you want to talk about</u> during your visit.</p> <p>Use the list you prepared to remind you...and don't forget to show him/her your...</p> <ul style="list-style-type: none"> ↳ records and ↳ list of medicine <p>These days, doctors don't seem to have enough time to TALK THINGS OVER with their patients.</p> <p>But if you come PREPARED and let him or her know <u>what worries you the most</u>, you will get more out of your doctor's visit even if the doctor is busy!</p> <p>Can you think back to the last time you saw your doctor?</p> <p>Was there something that you wanted to talk to your doctor about but forgot to?</p> <p>Let's talk about them now....</p> <p>[Do the activity to the right]</p>	<p>Activity: Post-it-note - Flip chart – entitled: “Things I Wished I had Asked the Doctor But Didn't”</p> <ul style="list-style-type: none"> ○ Ask the pts to write down questions on a post-it-note (1 per note) ○ Paste the post-it notes on the flip chart, grouping similar ones together on the board. ○ Tally how many of the items are repeated by participants (i.e. common themes). 	

Question/Topic	Script	Reminder/Activity	Page #
<p>#3: “MAKE IT HAPPEN!”</p>	<p>Doctors often don’t understand what patients have to go through to make healthy changes in their lives.</p> <p>It’s not really anyone’s fault.... but it is important to let your doctor know about things you might be concerned about ...AND...to ask how you could <u>work with the doctor</u> to help YOU take care of your health.</p> <p>If you are taking any medications, be sure to tell your doctor if you are having any side effects or problems.</p> <p>It might mean that they will need to find ones that will work better <u>for you</u>.</p> <p>BE AN ACTIVE PARTNER!</p> <p>What this means is that you will need to make a simple PLAN that <u>you and your doctor</u> can AGREE on to....</p> <ul style="list-style-type: none"> ✓ Loose weight, ✓ Eat healthy, and ✓ Prevent long-term health problems. 	<p>Activity: “At the Doctors”-Role Playing activity - Pt-MD case scenarios:</p> <ul style="list-style-type: none"> ○ Break out into groups of 2-3. ○ Each group is to pick out from a hat 1 case study. ○ Each case will describe a brief scenario about a pt and a MD. ○ Assign one person to “play” the doctor and the other to “play” the pt. ○ Goal is to figure out how each group/pair will be able to find the common ground for helping each other out to improve the pt’s diabetes care. <p>Encourage the pts to use</p>	

Question/Topic	Script	Reminder/Activity	Page #
		<p>the 3 steps they just learned.</p> <ul style="list-style-type: none"> ○ Ask each group to share how they worked out the case. What did the pt/family person do and what did the doctor do to solve the problem? 	
<p>Will it work or will I be bothering my doctor?</p>	<p>You are the <u>main person</u> when it comes to managing your health!</p> <p>Your doctor or health care provider should be encouraging you to be more involved in being healthy and preventing long term problems.</p> <p>So there is <u>no need</u> to feel embarrassed or afraid that your doctor will not be supportive.</p> <p>If you <u>still</u> feel uncomfortable with your doctor's response, perhaps you should think about finding a doctor you feel more comfortable with and can talk with more easily.</p> <p>After all.... you're the main person when it comes to living a healthy lifestyle.</p>		
<p>Let's make an action plan!</p>	<p>1) What is the one problem or barrier that often gets in the way of you meeting your healthy lifestyle goals?</p>		

Question/Topic	Script	Reminder/Activity	Page #
	<p>_____</p> <p>_____</p> <p>_____</p> <p>2) What are some of your options or ways of dealing with your problem or barrier?</p> <p>Option 1: _____</p> <p>Option 2: _____</p> <p>Option 3: _____</p> <p>3) Which option is most likely to work best for you?</p> <p>_____</p> <p>4) How will I practice using this option I chose to deal better with my problem or barrier?</p> <p>_____</p> <p>_____</p>		
<p>What have we talked about today?</p> <p>PREVENTION is KEY!</p>	<p>We said....</p> <p>Prevention is Key when it comes to long term health problems like...</p> <p>Diabetes</p> <p>Heart Disease</p> <p>Hypertension or</p> <p>Stroke</p>		

Question/Topic	Script	Reminder/Activity	Page #
Problem Solve	<p>Slips and barriers to you living healthy can be PREVENTED by problem-solving ahead of time.</p> <p>You can being problem-solving by:</p> <ol style="list-style-type: none"> 1) Describing the problem in detail and being specific. 2) Think about your options. 3) Choose an option that works best for you. 4) Make an action plan. 5) Practice, practice, practice 		
PARTNER with Your Doctor!	<p>Serious health problems are PREVENTABLE with regular check ups and healthy lifestyle behaviors (such as eating healthy and being active!)</p> <p>This means working with your doctor and other health care providers to stay healthy and prevent long term health problems.</p> <p>You can do it.... even if your doctor is busy by following those 3 easy steps!</p> <p>#1: PREPARE</p> <p style="padding-left: 40px;">#2: TALK IT OUT</p> <p style="padding-left: 80px;">#3: MAKE IT HAPPEN!</p>		

Question/Topic	Script	Reminder/Activity	Page #
<p>Make a PLAN that YOU can LIVE WITH!</p>	<p>Your doctor or health care provider is ready to help you manage your health!</p> <p>So make a PLAN that you think you can live with to stay healthy.</p> <p>Be sure you tell your doctor what your PLAN is.....</p> <p>Be direct and simple Let your doctor or health care team know what they can do to help you. Be more involved with your own health care.</p> <p>Remember you are the main person when it comes to making healthy lifestyle changes.</p>		
<p>What will we cover in the next session!</p>	<p>You won't want to miss the next session.... IT'S THE LAST ONE... and it will deal with <i>"Managing negative thoughts and emotions!"</i></p> <p>Don't forget to bring your notebooks and thank you for coming to the session today!</p>		