

# THE BRAIN HEALTH AND WELLNESS PROJECT: Clinician Training Module

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Supporting clinicians to promote brain health & wellness in the frontlines of care



Canadian Coalition for Seniors' Mental Health

To promote seniors' mental health by connecting people, ideas and resources.

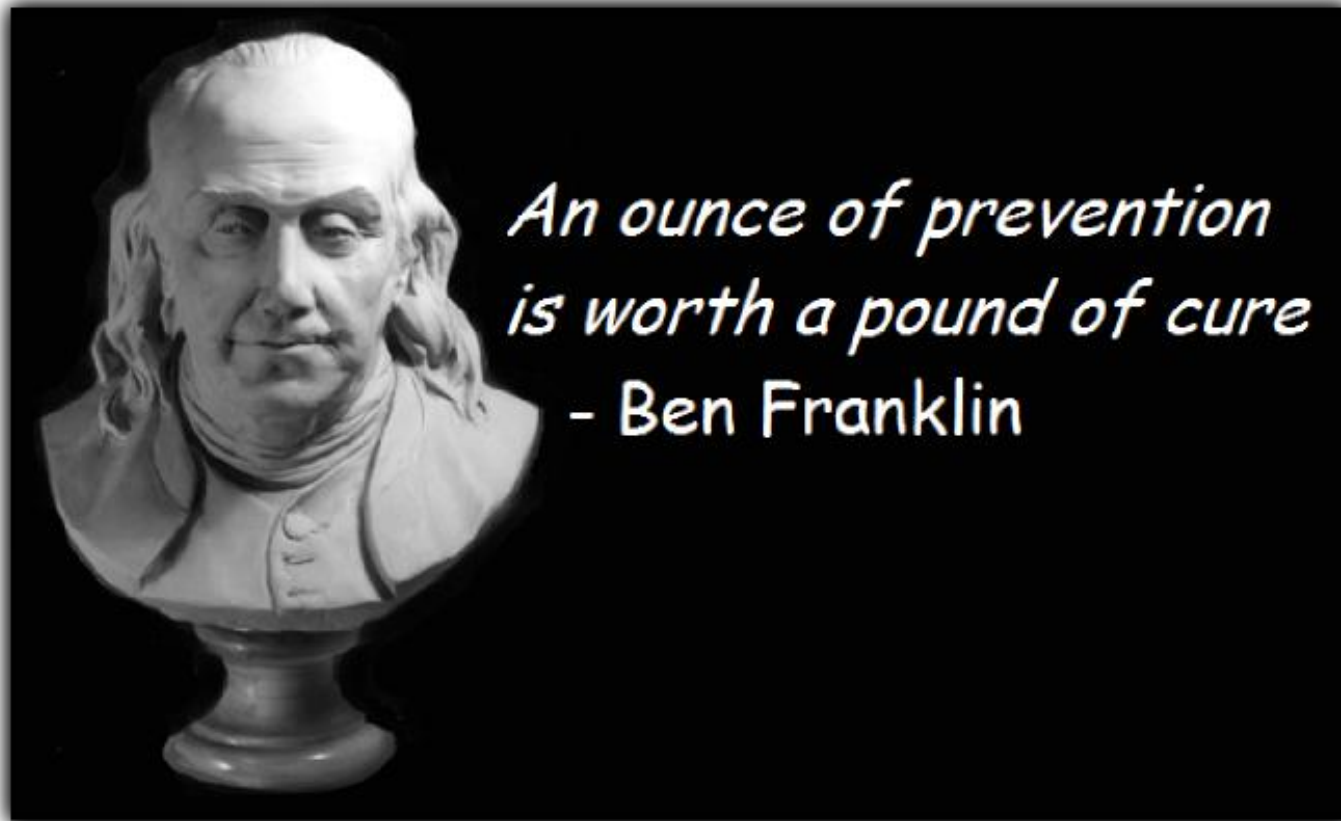
Coalition Canadienne pour la Santé Mentale des Personnes Âgées

Promouvoir la santé mentale des personnes âgées en reliant les personnes, les idées et les ressources.

# Session Learning Objectives

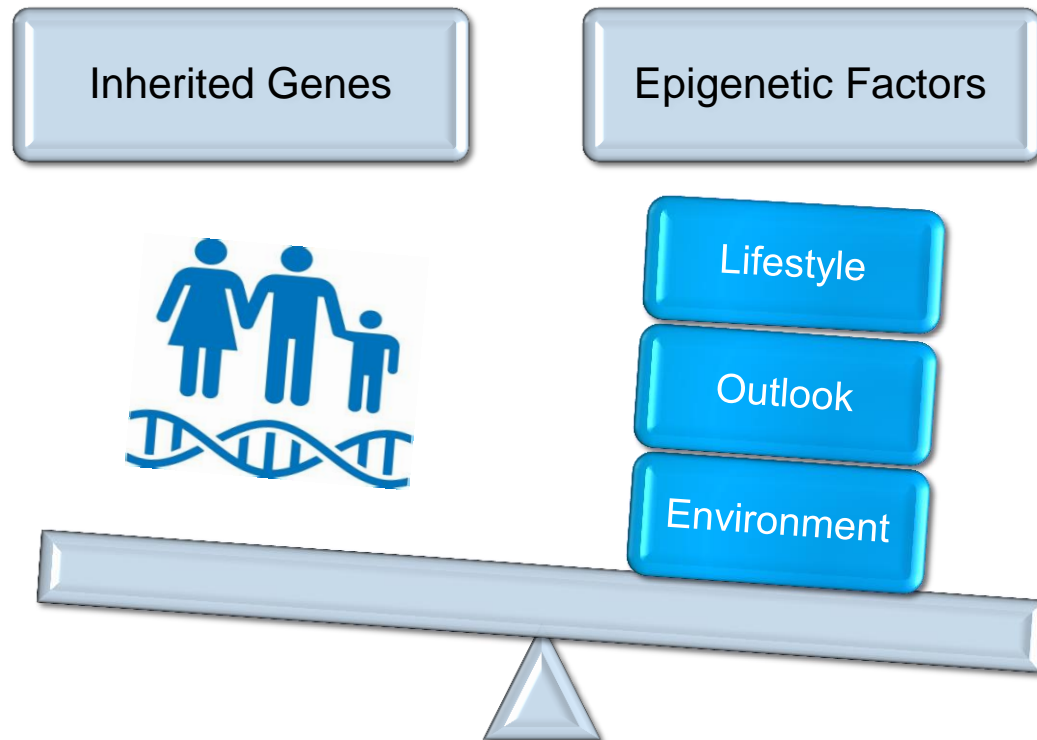
- **Learn** about *The Brain Health & Wellness Project*
  - Evidence & rationale
  - Fountain of Health™ paper *tools* and **The Wellness App**
  - 3 key steps for effective health behaviour change
  - Materials & support provided by our project team

# Why is this Project Needed?



# The Evidence: Lifestyle & Health Behaviours

- **Only 25% of longevity** is accounted by inherited **genes**
- **Lifestyle** has a much greater impact!
  - **Key to primary/secondary prevention** and delay of many conditions, including dementia!



## Did You Know?

- Light **physical activity** for only 15 mins a day can increase life expectancy by 3 years
- Being **socially active** improves health and well-being; Secure relationships are the single most predictive variable of well-being in late life
- **Challenging your brain** with new learning can reduce dementia risk by up to 35%
- **Positive thinking** about aging can prolong life expectancy by up to 7.5 years

# The Brain Health & Wellness Project

**Purpose:** Innovative national project at the frontlines of care to promote brain health and reduce dementia risk using health behavior change tools developed by the Fountain of Health.

*"The ultimate goal of this project is to promote patients' brain health & wellbeing, one small step at a time."*

- Keri-Leigh Cassidy, MD

Founder, *Fountain of Health Initiative*  
Co Investigator, Brain Health & Wellness

# Who Is Behind the Project?

- National knowledge translation led by **Canadian Coalition for Seniors' Mental Health**
- Behavior change tools developed by **The Fountain of Health™ Initiative**
- Funded by **Centre for Aging + Brain Health Innovation (CABHI)** - Researcher-Clinician Partnership Program (RCP<sup>2</sup>) and Nova Scotia Health Authority
- **Ethics Board Approved** as national quality assurance feasibility project by Nova Scotia Health Authority

# Principal Investigators & Site Leads

## Halifax

- Dr. Keri-Leigh Cassidy, CI

## Ottawa

- Dr. Kiran Rabheru, PI
- Dr. Linda Gobessi
- Dr. Chandi Chandrasena

## Toronto

- Dr. David Conn, CI
- Dr. Cindy Grief
- Dr. Petal Abdool
- Dr. Andrea Iaboni

## Vancouver

- Dr. Paul Blackburn
- Dr. Carol Ward



# What you Need to Know

- Patients participating are **aged 40 and over**.
- Patients' family members or caregivers can be included in all settings.
- Only exclusion criteria is people with dementia.
- Process takes a few minutes in context of routine care.
- All data are anonymous and confidential.
- No written patient consent is required.

# The Project: Focus on 3 Key Areas

**Key Areas:** Known modifiable/ lifestyle risk factors of dementia & effective promoters of brain health & wellness

*Physical Activity*



*Social Activity*



*Brain Challenge*



Note: Other areas also included (e.g.: mental health, positive thinking)

***Consider  
This:***

**What non-pharmacological treatment improves outcomes in heart disease, hypertension, diabetes, arthritis, depression, anxiety disorders, obesity, addictions & insomnia?**

**What is the #1 powerful promoter of brain neuroplasticity? (Also reduces risk of dementia)**

**What is the single best thing we can do for our overall health?**

# Answer: Physical Activity!

- **Best promoter of brain neuroplasticity** across lifespan
  - **150 min/wk** moderate exercise ideal
- **All forms** of activity help:
  - **Simply not sitting** is helpful!
  - Light physical activity (15 mins) comparable benefit to **giving up smoking**
  - For every daily flight of stairs climbed, **increased brain grey matter** - to equivalency of 0.58 years younger



*Just Move!*

# What About Social Activity?

- Health risks associated with **loneliness** are of similar risk magnitude to **smoking and obesity**
- Isolation is an independent risk factor for developing **dementia**
- **Secure relationships** single most predictive variable in **well-being in late life**



*Socialize!*

# What About Brain Challenge?

- **Cognitive activity** promotes brain neuroplasticity across lifespan
- **Higher education** reduces risk of dementia and delays onset
  - For every year of additional education, brain appears 0.95 years younger
- **Complex, novel** activities help most; changing routine can help



*Try new things!*

# What are Fountain of Health™ Tools?

Tools developed *for clinicians by clinicians* with expertise in cognitive behavioural therapy / health behaviour change

**Paper-based tools-** For use in the office (electronic versions also available)

**The Wellness App** ([wellnessapp.ca](http://wellnessapp.ca))- For use by the patient between contacts. Offers support to increase goal attainment; usable on any device.

# Do the project tools work?

**Field-tested in >500 patients to date**

## **Effective:**

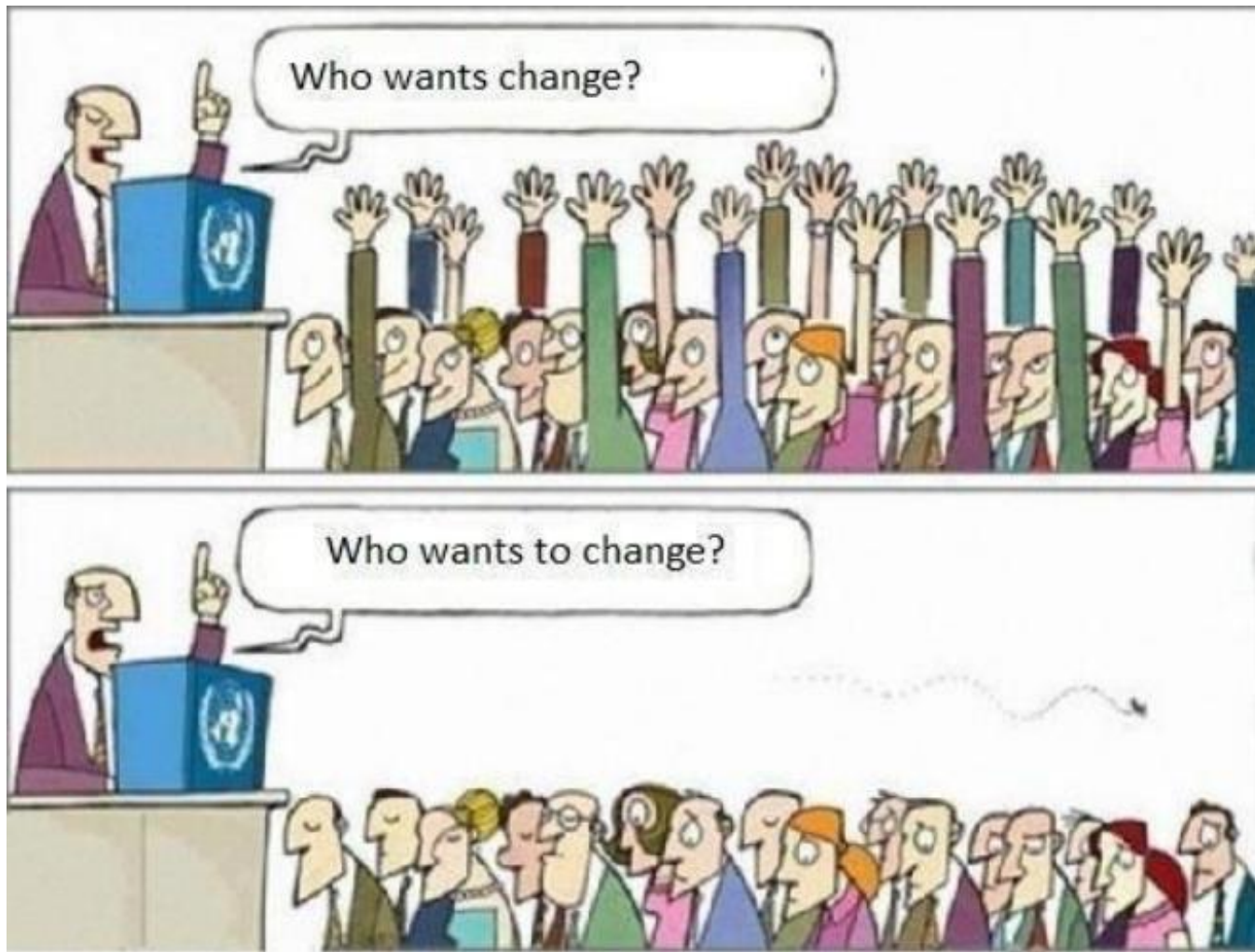
- **80%** success rate in goal attainment:
  - Patients partially attained (**35%**)
  - Fully met (**40%**)
  - Exceeded (**15%**) health goal in 3 months
- **86%** betaApp-users found it helped achieve goal
- **73%** significantly improved self-rated wellbeing measures

## **Efficient: Simple & quick**

- **80%** of clinicians found it easy, time-efficient to use



# Do you want to try it out?



# The Good News

The reality is most healthcare clinicians already invite behavior change every day. We DO:

- **Discuss** patient's lifestyle, physical activity, social supports
- **Review** community activities & resources, assign reading
- **Encourage** self-care, stress management, good nutrition
- **But...** Most of us do this work without a systematic approach or outcome measures

***The Brain Health and Wellness Project***  
*is here to support you!*

# What Supports are Offered?

Registered clinicians receive:

- All materials including:
  - **The Health and Behaviour Change Toolkit**
  - **The Wellness App**
- Support from project team:
  - Site Leads, Educational coaches & Project Manager
  - Julie Mitchell, Ottawa Project Coordinator
  - Ariane Séguin, Toronto Project Coordinator
  - Laurie Low, Vancouver Project Coordinator
  - TBD, Vancouver Project Coordinator
  - Via Email or toll-free number

# Examples of Participating Clinicians

- Family Physicians
- Nurses/Nurse Practitioners
- Psychologists
- Geriatric Psychiatrists
- Geriatricians/Gerontologists
- Occupational Therapists
- Social Workers
- Pharmacists
- Clinical Educators
- Health Promotion Workers

# Example of How it Works

Watch the Clinician Education video :

<https://vimeo.com/309962460>

# Invitational Approach

Invitational, **NOT** a prescriptive approach  
(i.e. Telling a patient what to do does not work well for  
behaviour change...)

# Here's How It Works

## Visit 1

**Assess** - Invite 5+ patients/caregivers over 40 years old to *self-complete* a baseline on the *Health and Resilience Pre-Questionnaire* (paper form and/or **The Wellness App**)

**Invite *one small step*** - Offer support and guidance.

**Help** them to set **one** small **S.M.A.R.T.** health goal in **1** domain (*Complete Goal Doc Sheet*).

## Visit 2

**Track Progress** - **Check in 1** month later *in person or by phone*.

**Send completed forms** to Regional Project Coordinator by email, fax or mail.

# What are *S.M.A.R.T.* Goals?

**Specific** - What concrete step will you take?

**Measurable** - How can success be measured?

**Action-Oriented** - What action or behaviour is needed?

**Realistic** - How realistic is it to accomplish?

**Time-Limited** - When will it be done? (what time, day, how often)



# S.M.A.R.T. Goals

**Let's make a S.M.A.R.T goal even "S.M.A.R.T"-er:**

"I will walk my dog for 10 minutes a day"

Could become: *"I will walk my dog for 10 minutes in the morning at least three times a week for the next 4 weeks" (more specific, realistic, time-limited)*

# Examples of small S.M.A.R.T. Goals



## **PHYSICAL ACTIVITY**

Walk to the mailbox 3 times a week for one week

Get up during the ads in the 6 o'clock news 4 times a week



## **SOCIAL ACTIVITY**

Call a friend or family member once a week

Set up a coffee date once in the next 4 weeks



## **BRAIN CHALLENGE**

Read the paper 3 mornings a week

Listen to a radio program twice a week



## **Other – Mental Health and Positive Thinking**

Attend yoga class once a week for 4 weeks

Write in a gratitude journal twice a week for 4 weeks

# Questions to Ask to Help Set a Goal

- How realistic is this goal for you in the next few weeks?
- When is the last time you did... (this activity at this intensity)?
- How confident are you that you'll accomplish this goal?
- What times of day/ week are most feasible for this goal?
- What are some of the barriers you expect you'll face in doing this goal? What might increase your odds of success?
- How likely is it that you will actually do this?

# Shift from Prescriptive & Disease Paradigm

- To feel good and enjoy life - Rather than *to address negative thinking and prevent depression/anxiety relapse*
- To have fun hiking/walking/time in nature - Rather than *to reduce sedentary behavior and depression/dementia risks*
- To enjoy time with family/friends - Rather than *to avoid social isolation as a depression/dementia risk factor*
- To get satisfaction from learning new things - Rather than *to increase hippocampal volume and promote "cognitive reserve" to mitigate subsequent risk of dementia*

# Let's Take a Look at the Toolkit

*Clinician paper-based tools* include:

- **Office Laminate** (guide for clinicians' use)
- **Health and Resilience Questionnaires** (Pre/ Post)
- **Goal Doc Sheet** (1 completed per patient)

*Patient paper-based tool* includes:

- **Take Home Goal Sheet** (1 per patient for their use)

*The Wellness App* (for patient and clinician) includes:

- Pre/Post Questionnaires
- Goal-tracking and a 4 week report to share with you (printable summary of scores/ goal attainment)

# Ways to Use The Wellness App

**Self-guided in waiting room** – Invite patient to register for App & complete H&R Questionnaire online before visit.

Help set a S.M.A.R.T. goal during the visit and record it on App

**Assisted during visit** – Patient completes paper-based H&R Questionnaire in waiting room.

Help them register and set S.M.A.R.T. goal on App goal during visit

**Self-guided after visit** – Do paper-based process and invite patient to register for the App after visit to follow-up next month

**Note:** In all 3 cases, clinician helps with S.M.A.R.T. goal setting & documents patient results on **Goal Doc Sheet**

# The Office Laminate



The Brain Health & Wellness Project



## Office Laminate – Clinician Information

The Brain Health & Wellness Project provides clinicians with evidence-based tools (paper tools in the Toolkit, The Wellness App or both) to invite health behaviour change in frontline care. Invite 5 or more patients you think are ready to set a **S.M.A.R.T. goal**, and support them to complete the 3 step process below.

(Note: **S.M.A.R.T. goals** are *Specific, Measurable, Action-oriented, Realistic and Time-limited*).

**STEP 1:** Invite patients to complete the **Health and Resilience Pre-Questionnaire** either on **paper** or on **The Wellness App** ([wellnessapp.ca](http://wellnessapp.ca)). This questionnaire provides a baseline self-assessment of physical, social and cognitive health behaviours. Please record the **Health and Resilience Pre-Questionnaire score** on the **Goal Doc Sheet for Clinicians**. (Step 1 takes approx. 2 min, the Pre-Questionnaire can be completed in the waiting room - either on paper or on the app once the patient registers)

**STEP 2:** Invite patients to **set one S.M.A.R.T. goal** in **one** of the following domains: *Physical Activity, Social Activity, Brain Challenge or Other*. Use results from the **Health and Resilience Pre-Questionnaire** score to assist the patient in goal-setting (see sample script below). Document the goal on the **Take Home Goal Sheet** for your patient to keep or record it on **The Wellness App**. In either case, please record the goal on the **Goal Doc Sheet for Clinicians**. (Step 2 takes approx. 2-5 min and is completed during the visit)

**SAMPLE SCRIPT:** "The results of your **Health and Resilience Pre-Questionnaire** show that you feel there is some room for improvement in your level of \_\_\_\_\_ (physical, social or cognitive) activity. Would you like to set **one** small goal in one of these areas?" Assist **S.M.A.R.T. goal** setting by asking: "How realistic is this goal? How often will you do this activity? Is this goal doable in the next few weeks?"

**STEP 3: Book one follow-up visit** (ideally one month later), either in person or by phone, in the context of routine care. At the follow-up, invite patients to complete the **Health and Resilience Post-Questionnaire**, either paper-based or on The Wellness App. Either way, please record the **Health and Resilience Post-Questionnaire score**, patient **Goal Attainment Score** and **Well-being Score** on the **Goal Doc Sheet for Clinicians**. (Step 3 takes approx. 2-5 min of the follow-up visit)

If using paper-based tools with patients, please return the **Goal Doc Sheet for Clinicians**, and the **Health and Resilience Pre and Post Questionnaires** to your Regional Project Coordinator via Fax 888-456-9440, Scan/ email at: [coordinator@wellnessapp.ca](mailto:coordinator@wellnessapp.ca), mail (in our self-addressed envelope). If you require additional support contact the Project Manager at 1-833-722-2151.

**TIPS:** Remind your patients, **no goal is too small** - small changes can lead to large long-term health benefits. Help your patients to link **S.M.A.R.T. goals** with what is most meaningful to them. Reassure patients that it is normal to restart or adjust goals on a regular basis. **The Wellness App** can provide patients with support and encouragement.

**The Brain Health & Wellness Project materials were developed by the Fountain of Health Initiative™. This project is led by the Canadian Coalition for Seniors' Mental Health, and funded by the Canadian Centre for Aging & Brain Health Innovation.**

Livingston G, et al. Dementia prevention, intervention, and care. *The Lancet*, 2017;390(10113):2673-2734  
 Chatterjee H, J, et al. Non-clinical community interventions: a systematized review of social prescribing schemes. *Arts and Health* (2017), 10(2):97-123  
 Yates L, A, et al. Cognitive leisure activities and future risk of cognitive impairment and dementia: systematic review and meta-analysis. *Int Psychogeriatr* 2016;28(11):1791-1806  
 Levy B, et al. Positive age beliefs protect against dementia even among elders with high-risk gene. *PLoSOne*, 2018.  
 Grossman P, et al. Mindfulness-based stress reduction and health benefits: A meta-analysis. *J Psychosom Res* 2004;57(1):25-43.  
 Virghese, J, et al. (2003). Leisure activities and the risk of dementia in the elderly. *New England Journal of Medicine*, 348(25): 2508-2516.  
 Wen CP et al. (2011). Minimum amount of physical activity for reduced mortality and extended life expectancy: A prospective cohort study. *The Lancet*, 2011; 378(9798): 1244-1253.



The Brain Health & Wellness Project



Did you know that your family genes account for only 25% of life expectancy?  
Lifestyle changes can have a much bigger impact!

You are invited to jumpstart your health today by setting **one** small goal in **one** key area:



**Physical Activity:** Simply moving and being active will benefit your health. **Light physical activity for only 15 mins a day can increase life expectancy by 3 years.** **Talk with your clinician to be sure the activity you choose is safe for you to do.**

Examples: Walk indoors/outside, take the stairs, use weights or bands, garden, hike, run or try out an exercise class.



**Social Connection:** Being socially active improves health and well-being; **loneliness can be as bad for your health as smoking**

Examples: Call a family member, meet a friend for coffee, attend church, lecture or concert, join a group or volunteer.



**Brain Challenge:** Challenging your brain with new learning can reduce your dementia risk by up to 35%.

Examples: Visit the library, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards.



**Other Activities:** Positive thinking and taking care of mental health through **yoga, mindfulness or healthy eating can improve overall well-being.**

Examples: Meditate, try a yoga class, start a gratitude journal, get more rest

You can set and meet your goals using the paper tools or Register to use **The Wellness App** at [wellnessapp.ca](http://wellnessapp.ca), usable for free on any device.

**Remember no goal is too small**

Small changes can lead to big health benefits over time.

For more information, please visit [www.fountainofhealth.ca](http://www.fountainofhealth.ca)  
If you have questions about **The Brain Health & Wellness Project**, contact us at  
Toll free line: 1-833-722-2151 or email: [info@wellnessapp.ca](mailto:info@wellnessapp.ca)

The Brain Health & Wellness Project  
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Fax: 888-456-9440

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# Step 1 – Assess: Get a Health and Resilience Baseline



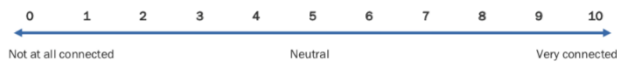
The Brain Health & Wellness Project



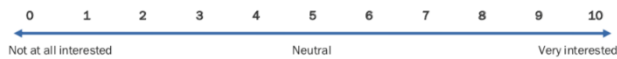
## Health & Resilience Pre-Questionnaire

Find out how you are doing in key areas for your long-term health:  
(circle **one** number for each question below)

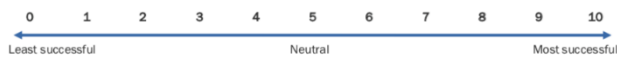
1. How would you rate yourself in terms of being socially connected to others?



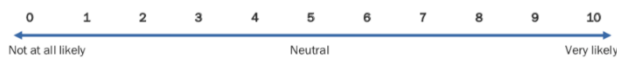
2. How would you rate yourself in terms of being interested in learning new things?



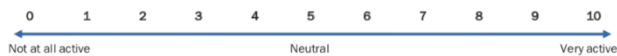
3. Using your own definition, how would you rate yourself in terms of successful aging?



4. How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?



5. How would you rate yourself in terms of being physically active?



Patient Initials: \_\_\_\_\_ Date (MM/DD/YY): \_\_\_\_\_ Total Score: \_\_\_\_\_/50

The Brain Health & Wellness Project  
App: wellnessapp.ca Email: info@wellnessapp.ca Toll free line: 1-833-722-2151 Fax: 888-456-9440  
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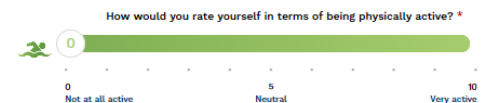
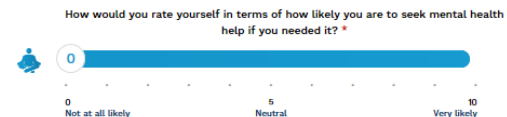
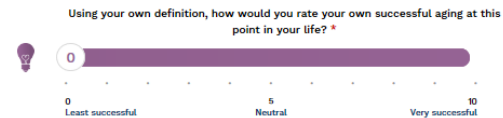
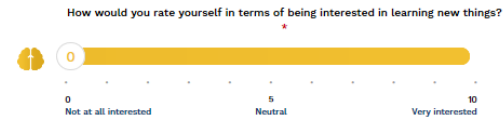
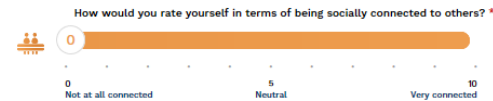
PAPER

### The Wellness App

- 👤 My Profile
- 🎯 My Goal
- 📅 Daily Check-in Calendar
- 📌 5 Key Areas
- 📈 Encouragement
- 📚 Resources
- 🏠 Fountain of Health
- 🚪 Sign out

## Health and Resilience Questionnaire

Click on each scale below to rate how you are doing in key health areas. Drag or click the marker to select one number for your self-rating on each



Total Score: 0

Submit

APP



# STEP 2 – Invite: Small Health Behaviour Change

**Invite** your patient to make a small health behaviour change in ONE area:

*Physical Activity*



*Social Activity*



*Brain Challenge*



(Or another of their choosing: nutrition, yoga, mindfulness)

Give a rationale, make it **relevant** for this patient!

E.g.:” *Based on your answers to the Health and Resilience Questionnaire, it looks like you feel there is room to improve your \_\_\_\_\_ (physical activity, or other area)*”

# Write Down a Goal

fountain of health

The Wellness App

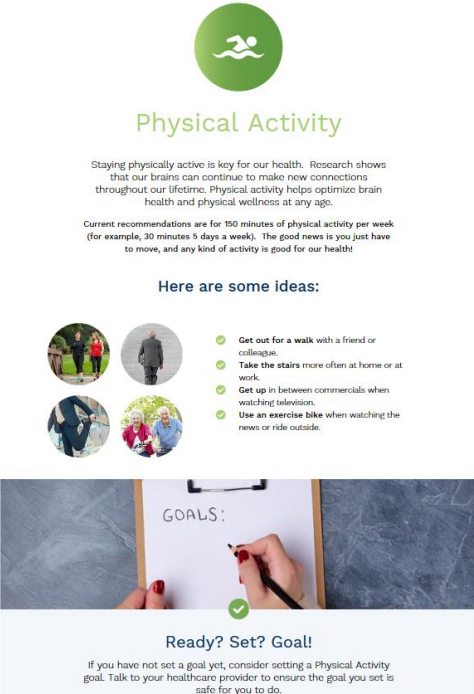
- My Profile
- My Goal
- Daily Check-in Calendar

5 Key Areas

- Physical Activity**
- Social Activity
- Brain Challenge
- Positive Thinking
- Mental Health
- Encouragement
- Resources

Fountain of Health  
Sign out

<https://wellnessapp.ca/app>



**Physical Activity**

Staying physically active is key for our health. Research shows that our brains can continue to make new connections throughout our lifetime. Physical activity helps optimize brain health and physical wellness at any age.

Current recommendations are for 150 minutes of physical activity per week (for example, 30 minutes 5 days a week). The good news is you just have to move, and any kind of activity is good for our health!

Here are some ideas:

- Get out for a walk with a friend or colleague.
- Take the stairs more often at home or at work.
- Get up in between commercials when watching television.
- Use an exercise bike when watching the news or ride outside.

Ready? Set? Goal!

If you have not set a goal yet, consider setting a Physical Activity goal. Talk to your healthcare provider to ensure the goal you set is safe for you to do.

## The Wellness App

## Paper



The Brain Health & Wellness Project



### Take Home Goal Sheet

Did you know that your family genes account for only 25% of your longevity? Lifestyle changes can have a much bigger impact!

You are invited to jumpstart your health today by setting **one** small goal in **one** key area:



**Physical Activity:** Simply moving and being active will benefit your health. Light physical activity for 15 mins a day can increase life expectancy by 3 years. Talk with your healthcare provider to be sure the activity you choose is safe for you to do.

Examples: Walk indoors/outdoors, take the stairs, use weights or bands, garden, hike, run or try out an exercise class

OR



**Social Connection:** Being socially active improves health and well-being; loneliness can be as bad for your health as smoking.

Examples: Call a family member, meet a friend for coffee, attend church, a lecture or concert, join a group or volunteer

OR



**Brain Challenge:** Challenging your brain with new learning can reduce dementia risk by up to 35%.

Examples: Visit the library, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards

OR



**Other activities:** Positive Thinking and taking care of Mental Health through yoga, mindfulness or healthy eating can improve overall well-being.

Examples: Meditate, try a yoga class, start a gratitude journal, get more rest

Date: (MM/DD/YY): \_\_\_\_\_

MY GOAL: Record one S.M.A.R.T. goal. (e.g. walk 15mins, 2x/week for 4 weeks):

Goal:

*What if I do not achieve the goal I set?* This is entirely normal. You might want to switch it up completely or set a smaller goal. **No goal is too small. Small changes can lead to big health benefits over time.** If interested, register to use The Wellness App ([wellnessapp.ca](https://wellnessapp.ca)), free on any device.

# Patient Goal-Tracking on App

After you complete your goal, click today's date:

**January 08, 2019**

in the calendar below to record your progress.



## The Wellness App

- My Profile
- My Goal
- Daily Check-in Calendar**
- 5 Key Areas
- Encouragement
- Resources
- Fountain of Health
- Sign out

## Daily Check-in and Goal Tracking Calendar

Good to see you Paul!



**Your Goal: Social Activity**

Your S.M.A.R.T goal for Social Activity was I will phone my sister 2 times a week in the evening.

Are you good with that or do you want to change it up before we get started? Once we get started, the goal you set now is the one we'll check-in on for the next 4 weeks on the calendar.

### Step 1

Click one of the buttons below to rate your readiness right now \*



Ready



Not Sure



Not Ready



I did it!

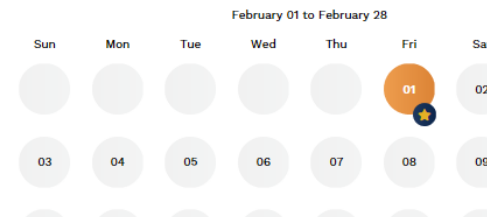
Awesome! Best wishes as you work on your goal today and check back to log it when you are done!

### Step 2

After you complete your goal, click today's date

**Feb 01, 2019**

in the calendar below to record your progress



App users receive support, reminders & encouragement. They can track progress & print / share a 4 week summary with you

## Step 3 – Track Progress: Goal Follow Up at 4 weeks

- Check in - In person or by phone
- Complete 2<sup>nd</sup> visit information on **Goal Doc Sheet**
  - Rate patients' **goal attainment** and repeat the **Health and Resilience Questionnaire** as post-measures
  - If The Wellness App was used, review the 4 week Checkout or feedback, with pre-post graphs
- Appreciate any progress with goal set and discuss barriers to change

Repeat!



# Clinician's Goal Doc Sheet



The Brain Health & Wellness Project



## Goal Doc Sheet for Clinicians

Clinician Initials: \_\_\_\_\_

Please record your patient's goal-setting and attainment on this form.

Patient Initials: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

**VISIT #1: Assess Baseline & Set a Goal:** Date (MM/DD/YY): \_\_\_\_\_

Please record patient's Health & Resilience Questionnaire **Pre**-score here: \_\_\_\_\_/50

Record patient's **S.M.A.R.T.** goal (Physical Activity, Social Activity, Brain Challenge, or Other)

Goal:

Did you invite this patient to use The Wellness App? ([wellnessapp.ca](http://wellnessapp.ca))

Yes  No

How likely do you think the patient is to use The Wellness App?

Likely  Unlikely  Not Sure

**VISIT #2: Check-in on Goal:** Date (MM/DD/YY): \_\_\_\_\_

Goal Attainment: To what extent did this patient meet their goal? (check one)

No change  Partially Achieved Goal  Fully Achieved Goal  Exceeded Goal

Well-being: To what extent does the patient feel that working toward this goal has impacted their well-being? (check one)

No Change  Slightly Improved  Moderately Improved  Greatly Improved

Please record patient's Health & Resilience Questionnaire **Post**-score here: \_\_\_\_\_/50

Did your patient use The Wellness App? Yes  No  Not Sure

If the patient offers feedback on this process or use of The Wellness App, please share it here  
Comment:

App: [wellnessapp.ca](http://wellnessapp.ca) Email: [info@wellnessapp.ca](mailto:info@wellnessapp.ca) Toll free line: 1-833-722-2151 Fax: 888-456-9440

Clinicians are welcome to photocopy forms but may not modify them without permission.

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Paper  
(or e-form)

Complete one  
per patient

## You are Invited...

To join ***The Brain Health & Wellness Project***

- Register (online or paper sign-up)
- Take Your Toolkit
- Select 5 clients or more by June 2019
  - Individuals or a group, family members/caregivers
  - Clients you think are ready for health change
- Complete forms/app over 2 contacts and return all completed tools to us by mail, fax or email
- Provide your feedback on the tools

Become part of a culture shift to help all Canadians improve brain health and well-being.

- *“The Brain Health and Wellness project offers an exciting opportunity for hundreds of clinicians, just like you, to receive the tools they need to be confident promoting better health in their patients.*
- *We hope you will try out this quick, simple and effective approach in your practice too!”*
  - *Dr. Keri-Leigh Cassidy*
  - *Founder, Fountain of Health Initiative*

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# Thank You

Register online at  
<https://fountainofhealth.ca/wellness-project> and click on **The Wellness Project**

App: [wellnessapp.ca](https://wellnessapp.ca)

Email: [info@wellnessapp.ca](mailto:info@wellnessapp.ca)

Toll Free Phone: **1-833-722-2151**



# Role Play Options

- Speaker and one volunteer and roleplay
- Dyads in the room can role play
  
- Potential Role play Situations:
  - Complete a Health and Resilience Questionnaire
  - Invite goal setting (using “the classic” or another script)
  - Set a “SMART” goal together (make one too general or unrealistic, and help patient make it “SMART”er)
  - Help the patient find and register for the app
  - Review 4 week progress to complete a Goal Doc Sheet

# Behavior Change Invitation #1: **The Classic**

Use the Health and Resilience Questionnaire results to invite a health change

## **Sample invitation:**

“Based on your answers it looks like **you feel there’s be some room to improve** your *physical activity/staying connected to friends/learning something new* - would you like to set a small goal to work on that?”

## Behavior Change Invitation #2: You're Ideal

Use the presenting concern as the relevant springboard to invite a behavior change

### Sample Invitation:

“The *pain/mobility/med side effects/blood pressure/work stress* that you are dealing with **make you ideal** for a health and resilience project we have in the province that could help - would you like to hear about it?”

# Behavior Change Invite #3: The 4 Seasons

Use seasonality to invite or renew a relevant health goal

## **Sample Invitation:**

“Now that it’s *Spring/Summer/Winter/Fall*, lets looks at your baseline to see how you feel you are doing in some key health areas.

Would you like to set a goal to activate your health over *Winter/Summer/now that it’s Spring/as the colder weather approaches...?*”

## Behavior Change Invite #4: Transition Points

Use a life transition/developmental milestone or even a birthday as a springboard

### Sample Invitations:

”Now that you are *retired/living alone/dealing with a new medical issue/facing these financial concerns/figuring out your life as a single parent/caregiver* - this would be a good time to check in on how you are feeling about some key health areas to help you stay as well as you can...”

# Barriers to “Health Promotion”

Common Concerns reported by **Clinicians**:

- *I don't have the time*
- *I don't have the training*
- *This is not my area-- I'm an expert in disease, not “health promotion” – that's someone else's job*
- *My patients are too sick for this*
- *I counsel people all the time, but they don't follow through*
- *I find I just can't get my patients to “do” things for their health*

**Which do you think is the #1 concern?**

# Barriers to Health Promotion or Self-Care

Concerns reported by **Patients/ Clients:**

- *I am too .... (busy, stressed, old, sick) to do anything*
- *This isn't relevant for me or my medical situation*
- *It's too late for this to make a difference for me*
- *If I try this, I will fail/ let people down*
- *This goal is too small to matter*

**Which do you think is the #1 concern?**