

- The primary factor that indicates patients are adhering to their treatment plans is:
 - the patient says she is motivated to change
 - the patient has been given the essential resources to proceed
 - the patient believes if she doesn't comply, there will be serious consequences
 - the patient achieves the goals set mutually with the HCP over a set period of time
- Prochaska's understanding of the process of change theory states patients who have not been able to adhere to the treatment plan spend too much time in which stage?
 - precontemplation
 - contemplation
 - preparation
 - action
- Helping the patient identify his learning style is important if adherence of the plan is to be achieved. In the case study, Jo is identified as a kinesthetic learner. What percentage of the population processes information kinesthetically?
 - <10 percent
 - >65 percent
 - >20 percent
 - >80 percent
- The gold standard to promote self-motivation is:
 - learning resources geared to learning needs of patient
 - HCPs communicate by e-mail or telephone with patients daily at first
 - checklists individualized with the patient's input, lifestyle and previous experiences
 - multimedia, high-tech learning aides to get the patient's attention
- Which statement about executive functioning in the process of change is true?
 - Individuals are born with and easily use executive functioning during their development.
 - Given Jo's previous experience in adapting to a treatment plan, the executive subfunctions she needs help with are self-monitoring and emotional control.
 - Once an individual uses his executive skills to process change, the skills have been mastered and don't have to be re-taught.
 - Executive skills are not as important in the process of change as is sensory processing.
- When HCPs help Jo set up her checklist to include exercise in her treatment plan, which step should be listed first, considering she needs interaction to proceed?
 - begin pre-workout exercises
 - begin workout on treadmill
 - select how long she will exercise today
 - choose and get dressed in exercise clothes
- Which of the following approaches used by HCPs ensure the best outcomes related to adherence of treatment plans?
 - present the treatment plan and let the patient adapt it to his needs
 - use a few scare techniques to increase healthy anxiety and fear
 - listen to the patient about what was or wasn't successful in adhering to previous treatment plans
 - refer patients who are non-adherent to treatment plans to expert patient educators
- Because Jo is a kinesthetic learner, which approach is best when explaining cardiovascular risk?
 - provide her with the latest research on the risks
 - demonstrate cause and effect by compressing a rubber ball or overinflating a balloon
 - provide a video with patients talking about how healthy they are after adhering to a treatment plan
 - provide a graph that shows the increased risks as blood pressure increases
- The primary purpose of this article for all HCPs is to:
 - understand and help patients recognize making changes is the cornerstone for success
 - emphasize early on the consequences of patients not adhering to treatment plans
 - educate patients' adherence to treatment plans is their responsibility, not the HCP's
 - help HCPs learn how to teach patients self-motivation
- The following teaching points should be used by HCPs with patients to help them learn to adhere to treatment plans EXCEPT:
 - understand the elements of change
 - hone executive functions
 - recognize success is beyond the immediacy of current issues
 - patients, not HCPs, bear the responsibility for a successful outcome

Evaluation

- I can describe the stages of change.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can advocate for and with patients in their healthcare.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can discuss the components of sensory processing and executive function as the foundation for human processing.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can develop a checklist for informing the patient of a new strategy for healthcare.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- The objectives relate to the overall goal of the article.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- The article is well-written and logically organized, and defines terms adequately.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree

Promoting Treatment Adherence

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EVALUATION

- A B C D E
- A B C D E
- A B C D E
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- A B C D E

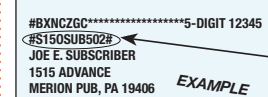
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