cf CARE

Cystic Fibrosis   Collaborative Adherence Resources & Education

Adherence Toolkit

Contents

In this toolkit you'll find a number of handouts and tools that can be copied and used with patients contemplating changing their adherence behaviour.

Assessment questions to map influences on adherence

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

Weekly diary – version 1

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

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

Brief Adherence Rating Scale (BARS)

Instructions

Please place a mark (✖) on the lines below to indicate how you feel you have done with your treatments over *the last week*.

I have done
none of my |···| I have done
treatments   all of my
                                                                                  treatments

I find
doing my |···| I find
treatments   doing my
difficult   treatments
                                                                                  easy

I don't think
I need to |···| I think I
change   need to
                                                                                  change

Antecedents/Behaviour-Response (ABC-R) chart

ANTECEDENTS **What happened before?** Where were you? What were you doing? How were you feeling? What were you thinking?	BEHAVIOUR **What did you do?**	CONSEQUENCES **What happened after?**	RESPONSE **What was your response to the consequences?**

Readiness ruler

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 ✖, where 0 is 'not important at all' and 10 is 'the most important thing'.

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 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 ✖, where 0 is 'not confident at all' and 10 is 'very confident'.

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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 ✖, where 0 is 'not important at all' and 10 is 'the most important thing'.

0	1	2	3	4	5	6	7	8	9	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 ✖, where 0 is
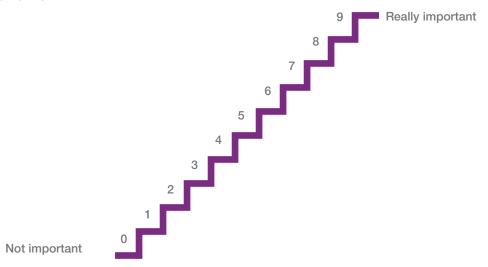'not confident at all' and 10 is 'very confident'.

0	1	2	3	4	5	6	7	8	9	10

Scaling questions ('steps' version)

What are you thinking of changing?

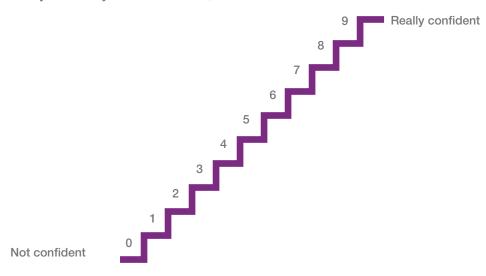...

Importance steps

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

Really important — 9
8
7
6
5
4
3
2
1
0
Not important

Confidence steps

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

Really confident — 9
8
7
6
5
4
3
2
1
0
Not confident

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

I DON'T want to change because....	BUT these are the bad things about not changing....

I DO want to change because.....	BUT these are the bad things about changing....

SMART goals sheet

SMART goal:	
	Date of update: May 2021

Criterion	How does the 'goal' meet this criterion?
Specific	
Measurable	
Attainable	
Relevant	
Time-Bound	

Change plan

What will I change?

.... Date of update..

....

....

Why do I want to change?

....

....

....

My main goal is:

....

....

....

I'm going to achieve this goal with the following plan:

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

How will I know when I've succeeded?

....

....

....

....

Implementation Intention Plan

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

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 fulfilment. 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: Weigh 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 on and perhaps extend it. If not, see if it can be adapted or start again.

Problem-solving worksheet

Goal

Problem

Possible solutions	Weigh them up		Choose the best
	Pros	Cons	

Rewards plan sheet

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

1. Ask for elaboration

- When a change-talk theme emerges, ask for more detail:

  - In what ways?
  - How do you see this happening?
  - What have you changed in the past that you can relate to this issue?

2. Ask for examples

- When a change-talk theme emerges, ask for specific examples:

  - When was the last time that this happened?
  - Describe a specific example of when this happens
  - What else?

3. Looking back

- Ask about a time before the current concern emerged:

  - How have things been better in the past?
  - What past events can you recall when things were different?

4. Look forward

- Ask about how the future is viewed:

  - What may happen if things continue as they are (status quo)?
  - If you were 100% successful in making the changes you want, what would be different?
  - How would you like your life to be in the future?

5. Query extremes

- Ask about the best and worst case scenarios to elicit additional information:

  - What are the worst things that might happen if you don't make this change?
  - What are the best things that might happen if you do make this change?

6. Explore goals and values

- Ask what the person's guiding values are:

  - What do you want in life?
  - What values are most important to you? (Using a values card sort can be helpful here.)
  - How does this behaviour fit into your value system?
  - What ways does _____ (the behaviour) conflict with your value system?

7. Come alongside

- Explicitly side with the negative (status quo) side of ambivalence:

  - Perhaps _____ is so important to you that you won't give it up, no matter what the cost.
  - It may not be the main area that you need to focus on in our work together.