

Additional Slides from Initial Training in 2018 (updated 8.5.22)

ENCOUNTER LOG

STOMACH CANCER PREVENTION STUDY	Enrollment date	20 August 2018
ENCOUNTER LOG	H. Pylori Session	21 August 2018
	Healthy Eating Session	26 August 2018
Participant UID: 008	Alcohol Reduction Session	26 August 2018
Randomized Group: Control / Intervention	Physical Activity Session	
	Smoking Cessation Session	
	Re-test	
	2-month Follow-Up Survey	
	6-month Follow-Up Survey	

Date / Time	CHW Initials	Encounter Type	Outcome Code	Comments/ Explanation
8/21/18	SL	OO	SP	H Pylori session at patient's home
8/23/18	SL	PC	SP	Reminder phone call to take medicine
8/26/18	SL	OO	SP	Did 2 educational sessions
8/30/18	SL	PC	AM	Reminder call / left a message

ENCOUNTER TYPE:

PHONE CALL (PC)
ONE-ON-ONE (OO)
OTHER (Explain)

OUTCOME CODES:

SP= Spoke with participant (explain)
AM= Left message on answering machine or voicemail
CC= Phone call from client (explain)

LM= Left message with person who answered the phone
NA= No Answer
OT= Other (explain)

STOMACH CANCER PREVENTION STUDY ENCOUNTER REPORT

Participant UID: Click or tap here to enter text.

Arm: Choose an item.

CHW Name: Choose an item.

Date of Report: Click or tap to enter a date.

Encounter Date: Click or tap to enter a date.

Encounter Type: ☐ Initial Enrollment (Baseline Survey) ☐ Check-in ☐ H. pylori Session ☐ Medication Adherence
☐ Healthy Eating Session ☐ Alcohol Reduction Session ☐ Smoking Cessation Session
☐ Physical Activity Session ☐ 2-month Follow-up Survey ☐ 6-month Follow-up Survey
☐ CHW Evaluations

Contact Method: ☐ In-person ☐ Phone Call

Time: Click or tap here to enter text.

Location: Click or tap here to enter text.

Instructions:

Please check off completed tasks if applicable.

- ☐ Obtain Consent
- ☐ Complete Survey
- ☐ Give Pt \$25 gift card
- ☐ Confirm mailing address and preference for \$25 gift card
- ☐ Confirm receipt of \$25 gift card
- ☐ Conduct education session
- ☐ Set short-term action plan with participant
- ☐ Review short-term action plan/goals from last encounter with participant
- ☐ Schedule next encounter
- ☐ Other (specify): Click or tap here to enter text.

Summary: Describe in detail what occurred or what was discussed during the participant encounter. Please note the

Goal-Setting

Development of Current Short-term Action Plan

- ☐ Remember to take medicines
- ☐ Eat a healthy diet
- ☐ Be physically active
- ☐ Quit or reduce smoking or alcohol: Click or tap here to enter text.
- ☐ Other (describe): Click or tap here to enter text.

Record of Current Participant Plan:

What I will do (e.g. go for a 15 min walk): Click or tap here to enter text.

When I will do it (e.g. in the morning after breakfast): Click or tap here to enter text.

Where I will do it (e.g. around the block): Click or tap here to enter text.

How often will I do it (e.g. M, W, F): Click or tap here to enter text.

What might get in the way of my plan (e.g. too cold outside): Click or tap here to enter text.

What I can do about it (e.g. use the treadmill in the community center: Click or tap here to enter text.

Participant's Confidence Level in Reaching Goal: Choose an item.

[Note: Use Brief Action Planning Guide to revise Participant Plan until confidence is greater than 7.]

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FOLLOW-UP ON GOAL

Follow-up of Short-term Action Plan set from Last Encounter

- Review the participant's short term action plan that was developed from last encounter. Ask: "How is it going with your plan? Be sure to recognize success and partial success, and to trouble shoot barriers.
- Select "Not applicable" if participant did not have an action plan/goal from a previous meeting with you. For example, it is not applicable if this is your first encounter with the participant.

☐ Set Goal(s): Click or tap here to enter text.

☐ Not applicable

Check One: ☐ Success _____ ☐ Partial Success (Explain more about reason in Description) _____ ☐ No

Success/Did not Try (Explain more about reason in Description)

Description of progress with plan (be sure to note barriers):

Click or tap here to enter text.

Follow-up Plan

Next Meeting Scheduled for:

Date: Click or tap to enter a date.

Time: Click or tap here to enter text.

Reason for Next Encounter: Click or tap here to enter text.

Method of Contact: ☐ In person ☐ Phone Call

Location: Click or tap here to enter text.

CONTROL GROUP CONTACT

Limited contact:

- Reminder to retest (4-6 weeks after enrollment)
- Scheduling of 2 and 6 month surveys
- Reminders about surveys
- Complete Encounter Log after every participant contact

FOLLOW-UP SURVEYS

Intervention and Control Groups

FIRST FOLLOW-UP SURVEY

- To be completed at 2 months after enrollment
- Try to schedule/complete it after subject has obtained results of confirmatory test (retest)
- Send reminder a few days before appointment
- \$25 will be loaded onto their Clincard after completion of survey

SECOND FOLLOW-UP SURVEY

- To be completed at 6 months after enrollment
- Send reminder a few days before appointment
- Ask about confirmatory test results if not obtained at 2 month follow-up survey
- To be completed by different interviewer (only for intervention group)
- \$25 gift will be loaded onto their ClinCard after completion of survey (and CHW section for intervention group)

ROLE PLAY THE FOLLOW-UP SURVEY

LOST TO FOLLOW-UP

- Document all attempts to contact the subject on Encounter Log
- Call at least once a month for 6 months
- Participants will be considered Lost to Follow-up if we are unable to reach the participant

Motivational Interviewing

Traditional Approach

Client: I live with 5 other people in a small apartment and we share a kitchen. It is always crowded and I don't feel like cooking on my day off, since I work in a restaurant. I'm trying to save money to pay off my debt, so I just buy something something cheap or I eat instant noodles.

What would you say?

SUMMARY

1. Set the agenda together
2. Explore feelings about change
3. Ask-Tell-Ask
4. Assess readiness to change
5. Set SMART goal together
6. Summarize and express confidence

Set the Agenda Together

- Open the conversation – Ask Permission
 - Can you tell me what you know about stomach cancer and how to prevent it?
 - Would it be ok to talk about healthy eating and strategies to avoid stomach cancer?
 - Would you be interested in exploring with me some of the ways you might prevent stomach cancer?
 - Which of these do you feel more ready to think about changing? (quitting smoking, physically active, eating healthy, etc)
- Ask about how participant is incorporating healthy strategies into their life
- Ask if they have any nutrition/health concerns they want to focus on
- Go over key messages

Key Messages

- Keep the key messages short; repeat often
- Ask for their reactions/thoughts.
 - How do you feel about what I've just shared with you?
 - How much does it concern you?
 - Tell me about things you want to be different.
 - What are your thoughts on how you are managing your health?
- Intention to change
 - If you could easily make any changes, what would you do?
 - Nevermind the “how” for now, what do you want to happen?
 - How important is this to you?

Explore Feelings about Change

- Listen and reflect/summarize their feelings about change
- Preliminary assessment of readiness to change
 - “You said that exercising more is something that you were interested in doing... how ready are you to make changes?” “How do you feel about quitting smoking?”

Types of Reactions

- Not interested in changing any behavior
 - I sense you aren't ready to work on this right now. That's fine. It's ok to feel two ways about this.
 - I agree, there's no point in trying something that's not going to work.
- Be willing to change a behavior
- Be ambivalent about changing a behavior

Ambivalence

- Focus on the participant's "change talk"
- Desire to change / Ability to change / Reason to change / Need to change / Commitment to change / Activation / Taking steps
- Allow him/her to make own argument for change – use their words

"I really don't know if this will work, but maybe I should try."

- How would you reflect?

Ask-Tell-Ask

- “There is usually more than one possible course of action.”
- “I can tell you what’s worked for some other people.”
- “You are the best judge of what works best for you.”
- “Let’s go through some of the strategies together.”
- “I have some ideas about how you could..... Would you like to hear about them now? What ideas can you suggest?”

When the participant sets a goal/strategy, let him/her know that they can adjust the strategy based on what is and is not working. For some people, gradual changes work better.

- Ask them what they’d like to do or what they think of the information you provided
- “If you did decide to make this change, what might you do to succeed?”

Goal Setting

Set SMART Goal

- Specific
- Measurable
- Achievable
- Realistic
- Timely

Confidence Level

Assess readiness to change

Use the Confidence Ruler to assess readiness to change

- “What would you like to focus on changing?”
- “How confident are you that you will be able to make this change, on a scale from 0 to 10?”
- If the answer is lower than 6, ask “what can you change to make it possible to raise your number to 7?”
 - Make the goal more realistic: less ambitious
 - Enlist social support (family/friends)
- Elicit reasons for change and summarize them

Role Play

Goal Setting

- Ziyi has no children and is not married, though she has a boyfriend.
- Ziyi tells you that she is very busy at work and does not have time to cook, so she eats whatever is provided at work, which is mostly rice, noodles, and some meat and vegetables. She loves pickled vegetables and pizza.
- She also tells you that she is thin, so she does not feel the need to exercise.
- Ziyi says that she is constantly stressed at work, so she smokes one or two cigarettes a day. Her coworkers also expect her to go on smoking breaks with them.
- Ziyi also drinks almost every night, since she has to entertain clients for work during dinner.



Goal Setting



- Tony has 3 children and is married.
- Tony works 12 hours/day at a store. His only day off is Monday.
- He usually skips breakfast and his wife packs his lunch. For dinner he usually grabs fast food.
- He does not have any time to exercise.
- He smokes one pack of cigarettes a day, and drinks occasionally.

Goal Setting

- Jet is married and has 4 children in China.
- Jet works at a restaurant 6 days/week.
- He skips breakfasts but eats lunch and dinner at the restaurant where he works. On his days off, he eats the cheapest food he can find because he is saving money to send home to his family.
- He does not smoke and drink.
- He enjoys practicing wushu but does not have much time for it.



Potential Participant 001

Name: Ye Yi Shuai

Age: 42 yo

Address: 660 57th St, Apt 1, Brooklyn

Phone: 646-662-6908

Emergency contact: Lin Shan Yong (friend); 917-855-1378

Preferred pharmacy: A Plus Pharmacy, 5605 7th Ave, Brooklyn

Diagnosis: H pylori and gastritis

Smoking history: Heavy tobacco smoker, 1ppd (20 years)

Drinking history: 5.4oz alcohol/week (alcohol abuse, continuous)

Married