

OUTCOME AND SKILLS

Outcome 1: Client will identify information sources regarding health and treatment

Outcome 2: Client will identify factors that influence adherence to a medical regimen

Skill 1: Client will identify health and treatment areas about which he or she would like more information or understanding

Skill 2: Client will identify triggers that have the greatest impact on his or her medical regimen

AGENDA / TIMELINE	MATERIALS / ACTIVITY
<p>Module 3A, Session 1.....90 minutes</p> <ul style="list-style-type: none"> • Check-In/Life Context30 minutes <ul style="list-style-type: none"> • Review last three months' life events • Discuss progress of goal and Life Project • Preview Module 3 and Session 1 content • Discuss session content as it relates to the Client's life context • Skills-Building.....20 minutes <ul style="list-style-type: none"> • Discuss Client's knowledge of medical/health status • Client identifies factors that influence his/her ability to adhere to a medical regimen • Client identifies questions/topics about health/treatment he or she would like to know more about • Problem-Solving.....25 minutes <ul style="list-style-type: none"> • Client problem-solves factors that may negatively influence his/her ability to adhere to a medical regimen • Client problem-solves ways to get answers to health-related questions through various information sources • Wrap-Up15 minutes <ul style="list-style-type: none"> • Assist Client in developing a plan to increase/maintain adherence to a medical regimen • Client sets goal related to increasing/maintaining medical regimen adherence • Review Client's Life Project 	<ul style="list-style-type: none"> • Client File <ul style="list-style-type: none"> • Personal Health Plan worksheet • Goal Card • Goal Recording Sheet • Quality Assurance Check Sheet/Notes • Session Notes • Pens, pencils

check-in/life context **30 MINUTES**

- Review significant events in Client's life over the past three months, including the Life Project
- Discuss goals set at last session including successes, accomplishments, and challenges
- Preview Module 3A and Session 1 content
- Identify how adhering to a medical regimen influences the Client's life. Suggested topic areas for discussion:
 - Relationship(s) (i.e., significant other[s], children, extended family, friends, co-workers, etc.)
 - Self-esteem and body image
 - Disclosure issues
 - Stress and coping
 - Substance use/abuse
 - Risk behaviors
 - Cultural influences on access and use of conventional medical systems
 - Cultural influences on access and use of complementary medical systems
 - Gender expectations for maintaining a medical regimen
- Assist Client in identifying his/her medical regimen (**see Activity: My Personal Health Plan, pages 84–85 of this session**). Topics to cover include:
 1. Current Health Status
 - Has diagnosis changed since Module 1? (If yes, when?)
 - Current CD4 count
 - Current viral load
 - Any opportunistic infections since Module 1?
 - Other factors?

2. Health Care Utilization
 - Current use of traditional health care providers
 - Length of time Client has been receiving medical services
 - Primary and/or specialist physicians (i.e., infectious disease, dermatology, ophthalmology, oncology, gynecology, etc.)—or—early intervention/clinic providers
 - Missed appointments (i.e., how many, how often, reasons for, etc.)
3. Current Uses of Complementary Health Care Providers (i.e., acupuncturist, massage therapist, chiropractor, nutritionist, reiki practitioner, etc.)
 - Length of time Client has been receiving complementary services
 - Missed appointments (i.e., how many, how often, reasons for, etc.)
4. Medication Use
 - Is Client currently taking medications?
 - Review current medications (HIV and non-HIV, if any) discussed in Module 1, Session 1—any changes?
 - How is Client doing on medication:
 - Physically?
 - Emotionally?
 - Missed dosages
 - Reasons for missed dosages
 - Side effects (be specific)
 - Has Client ever been on medication (HIV-related) that has been discontinued?
 - Physician ordered and factors that went into that decision
 - Client decision and factors that went into that decision

ACTIVITY: "MY PERSONAL HEALTH PLAN"

CURRENT HEALTH STATUS

Has diagnosis changed since Module 1? Yes No If Yes, when? _____

Current CD4 count _____ Current viral load _____

Any opportunistic infections since Module 1? Yes No If Yes, specify _____

Any other significant health factors since Module 1? Yes No
If Yes, specify _____

HEALTH CARE UTILIZATION

Current use of traditional health care providers

Length of time receiving medical services _____

Primary and/or specialist physicians (i.e., infectious disease, dermatology, ophthalmology, oncology, gynecology, etc.) _____

Missed appointments (i.e., how many, how often, reasons for, etc.) _____

Current use of complementary health care providers

Length of time receiving medical services _____

Practitioners (i.e., acupuncturist, massage therapist, chiropractor, nutritionist, reiki practitioner, etc.) _____

Missed appointments (i.e., how many, how often, reasons for, etc.) _____

MEDICATION

Currently taking medications? Yes No If Yes, specify_____

Any changes in medication since Module 1? Yes No If Yes, specify_____

How are you doing on your medications?

•Physically?_____

•Emotionally?_____

•Missed dosages? Yes No If Yes, reasons_____

•Side effects due to meds? Yes No If Yes, specify_____

Have you ever been on medication (HIV-related) that has been discontinued? Yes No
If Yes:

•Physician ordered? Yes No If Yes, reasons_____

•Client decision? Yes No If Yes, reasons_____

Skill s-Building

20 MINUTES

After going through the **Section I Skills-Building**, proceed to **Section I Problem-Solving** on page 87.

When you have completed **Section I**, then do the same with **Section II Skills-Building and Problem-Solving**.

- **SECTION I:** Assist Client in identifying triggers that influence his/her ability to adhere to a medical regimen (i.e., medications, medical appointments, personal health plan, etc.)
 - **People/Relationship(s)** (i.e., significant other[s], family, friend, health care providers, co-workers, case managers, etc.)
 - **Places** (i.e., home, work, shelter, health care facility, social event, travel, etc.)
 - **Substances** (i.e., alcohol, recreational drugs, nicotine, etc.)
 - **Food** (i.e., meal schedules, preparation, fluids, snacks, etc.)
 - **Moods/Feelings** (i.e., feeling down, anger, joy, celebration, anxiousness, etc.)
 - **Life Responsibilities** (i.e., homelessness, child care, finances, work, transportation, etc.)
- **SECTION II:** Ask the Client to identify questions or topics about health or treatment that they would like to know more about. Topics will vary for each person, depending on his or her current knowledge or information-gathering skills. Examples of the types of questions Clients may identify include, but are not limited to:
 - How often should Client get medical checkups?
 - What are the newest treatment options?
 - What is the best time to start or switch treatments?
 - Understanding what laboratory results mean (including viral load tests)
 - How closely does Client have to stick to medication schedule for treatment to work well?

problem-solving

25 MINUTES

When you have completed Section I, then do the same with Section II Skills-Building and Problem-Solving.

- **SECTION I:** Assist Client in problem-solving one of the identified triggers that negatively influences his/her ability to adhere to a medical regimen. Problem-solving steps include:
 1. Identify the trigger
 2. Determine the goal
 3. Brainstorm alternative solutions
 4. Evaluate those solutions
 5. Choose the most appropriate and best solution
 6. Develop an action plan
 7. Act
- **SECTION II:** Help Client to problem-solve ways to get answers to questions by identifying different sources of information and how to access (i.e., reading HIV/AIDS magazines, newsletters, internet sites; asking case managers, health educators, nurses, or doctors in person; writing down questions to ask later; calling information hotlines; etc.)

wrap-up

15 MINUTES

Fill out Goal Card, which Client takes with him/her, and copy goal onto Goal Recording Sheet in Client file.

Facilitator completes Session Notes in Client file. Complete Quality Assurance Check Sheet/ Notes (see page 89 of this session)

- Assist Client in developing a plan to increase/maintain adherence to a medical regimen or to increase knowledge about health and treatment
- Assist Client in identifying a clear, realistic, and measurable goal related to increasing/maintaining adherence to their medical regimen or increasing health/treatment knowledge. A goal should be:
 - Realistic—can reasonably expect to be completed between sessions
 - Clear—Client understands exactly what steps must be taken to complete the goal
 - Not too easy and not too hard—goals should be challenging, but not impossible or too global
 - Have a clear end point—Client should know when a goal has been completed
- Review Life Project, celebrating any progress

QUALITY ASSURANCE CHECK SHEET / NOTES

Client _____ Facilitator _____

- Completed check-in with Client, discussing last three months' life events and progress on Goals and Life Project
- Discussed Client's knowledge of medical/health status, using My Personal Health Plan worksheet
- Identified factors that influence Client's ability to adhere to a medical regimen
- Identified health and treatment areas Client needs more information on
- Problem-solved factors that may negatively influence Client's ability to adhere to a medical regimen
- Problem-solved ways to access sources of health/treatment information
- Developed a plan to increase/maintain adherence to a medical regimen or increase knowledge about health or treatment
- Set a goal related to increasing/maintaining medical regimen adherence or increasing health and treatment knowledge; recorded it on Goal Card for Client and on Goal Recording Sheet for file
- Reviewed Life Project/progress
- Completed Session Notes for file

Notes (include observations of Client's affect, engagement, and reaction to session elements)

OUTCOME AND SKILLS

Outcome: Client will successfully demonstrate (through in-session role-plays) increased skill in communicating assertively with health care providers or others who influence adherence to a medical regimen

Skill 1: Client will successfully incorporate three key components of assertive communication in discussions with health care providers or others who influence adherence to a medical regimen

Skill 2: Client will increase his/her participation in a decision-making partnership with health care providers and others who influence adherence to a medical regimen

AGENDA / TIMELINE	MATERIALS / ACTIVITY
<p>Module 3A, Session 2.....90 minutes</p> <ul style="list-style-type: none"> • Check-In/Life Context.....15 minutes <ul style="list-style-type: none"> • Review last week’s life events • Discuss progress of goal and Life Project. • Preview Session 2 content • Discuss session content as it relates to the Client’s life context • Skills-Building.....35 minutes <ul style="list-style-type: none"> • Client reviews three key components to assertive communication • Client identifies barriers to assertive communication with health care providers or others who influence adherence to a medical regimen • Client practices (through in-session role-plays) assertive communication skills related to adherence issues • Problem-Solving.....20 minutes <ul style="list-style-type: none"> • Client problem-solves at least one barrier to assertive communication related to adherence issues • Wrap-Up.....20 minutes <ul style="list-style-type: none"> • Facilitator guides Client in further practice of either assertive communication or problem-solving barriers to participation in decision-making partnership, or other barriers regarding adherence • Client sets goal related to increasing assertive communication skills with health care providers or others who influence adherence to a medical regimen • Review Client’s Life Project 	<ul style="list-style-type: none"> • Client File <ul style="list-style-type: none"> • My Personal Health Plan worksheet • Three Key Components to Assertive Communication worksheet (from Module 2, Session 3) • Goal Card • Goal Recording Sheet • Quality Assurance Check Sheet/Notes • Session Notes • Pens, pencils

check-in/life context 15 MINUTES

- Review significant events in Client's life over the last week, including Life Project
- Discuss goal set at last session including successes, accomplishments, and challenges
- Preview Session 2 content
- Identify how Client's communication skills with health care providers, or others who influence adherence to a medical regimen, impact his/her life. Suggested topic areas for discussion:
 - Client's personal comfort level with communicating assertively
 - Relationship(s)
 - Professional
 - Personal
 - Cultural influences on assertive communication
 - Gender expectations for assertive communication
 - Role/gender relationship (i.e., male physician/female patient, male physician/male patient, etc.)

Skill s-Building

35 MINUTES

- Client reviews the three key components of assertive communication (**see page 62 of Module 2, Session 3**):
 - Use "I" statements
 - Say what you want respectfully
 - Say why it's important
- Client identifies personal barriers to assertive communication with health care providers or others who influence adherence to a medical regimen. Barriers may include:
 - Little or no Client participation in decision-making process
 - Intimidation
 - Fear
 - Language
 - Education
 - Lack of time
 - Influence by others
 - Feeling overwhelmed
 - Physical illness
 - Others
- Client practices (through in-session role-plays) assertive communication related to adherence or decision-making process issues. Scenarios may include:
 - Physician always hurried
 - Client unsure of physician's instructions
 - Client overwhelmed by entire situation
 - Client doesn't want to hurt anyone's feelings
 - A past negative experience with a health care/service provider
 - Client wants to request resource list for additional information services
 - Others

problem-solving

20 MINUTES

- Assist Client in problem-solving at least one identified barrier to adherence related to assertive communication. Problem-solving steps include:
 1. Identify the barrier
 2. Determine the goal
 3. Brainstorm alternative solutions
 4. Evaluate those solutions
 5. Choose the most appropriate and best solution
 6. Develop an action plan
 7. Act

wrap-up

20 MINUTES

Fill out Goal Card, which Client takes with him/her, and copy goal onto Goal Recording Sheet in Client File.

Facilitator completes Session Notes in Client File. Complete Quality Assurance Check Sheet/ Notes (see page 95 of this session)

- Facilitator guides Client in further practice of either assertive communication or problem-solving other barriers regarding adherence
- Assist Client in identifying a clear, realistic, and measurable goal related to the identified barrier. A goal should be:
 - Realistic—can reasonably expect to be completed between sessions
 - Clear—Client understands exactly what steps must be taken to complete the goal
 - Not too easy and not too hard—goals should be challenging, but not impossible or too global
 - Have a clear end point—Client should know when a goal has been completed
- Review Life Project, celebrating any progress

QUALITY ASSURANCE CHECK SHEET / NOTES

Client _____ Facilitator _____

- Completed check-in with Client
- Reviewed three key components of assertive communication from Module 2, Session 3
- Identified barriers to assertive communication with health care providers or others who influence adherence to a medical regimen
- Practiced assertive communication skills around adherence issues
- Problem-solved at least one barrier to assertive communication related to adherence issues
- Practiced additional assertive communication or problem-solved for additional barriers to adherence to a medical regimen
- Set a goal related to increasing assertive communication skills with health care providers or others who influence adherence to a medical regimen; recorded it on Goal Card for Client and on Goal Recording Sheet for File
- Reviewed Life Project/progress
- Completed Session Notes for File

Notes (include observations of Client's affect, engagement, and reaction to session elements)

OUTCOME AND SKILLS

Outcome 1: Client will increase his/her feelings of self-efficacy regarding adherence to a medical regimen

Outcome 2: Client will identify sources of social support that positively impact adherence to a medical regimen

Skill 1: Client will problem-solve challenges to increased self-efficacy regarding adherence to a medical regimen

Skill 2: Client will problem-solve challenges to obtaining social support regarding adherence to a medical regimen

AGENDA / TIMELINE	MATERIALS / ACTIVITY
<p>Module 3A, Session 3.....90 minutes</p> <ul style="list-style-type: none"> • Check-In/Life Context.....15 minutes <ul style="list-style-type: none"> • Review past week’s life events • Discuss progress of goals and Life Project. • Preview Session 3 content • Discuss session content as it relates to the Client’s life context • Skills-Building.....25 minutes <ul style="list-style-type: none"> • Identify Client’s perceptions of self-efficacy regarding adherence to his/her medical regimen • Review the three types of social support, negative vs. positive social support, and Client’s identified social support network from Module 1, Session 4 • Assist Client to identify members of his/her personal support network who would positively impact his/her adherence to a medical regimen • Problem-Solving35 minutes <ul style="list-style-type: none"> • Client will problem-solve challenges to increased self-efficacy regarding adherence to a medical regimen • Client will problem-solve challenges to obtaining social support regarding adherence to a medical regimen • Wrap-Up.....15 minutes <ul style="list-style-type: none"> • Client sets goal related to increased self-efficacy or positive social support • Review Client’s Life Project 	<ul style="list-style-type: none"> • Client File <ul style="list-style-type: none"> • Social Support Worksheet (from Module 1, Session 4) • Social Support Worksheet (for this session) • Goal Card • Goal Recording Sheet • Quality Assurance Check Sheet/Notes • Session Notes • Pens, pencils

check-in/life context 15 MINUTES

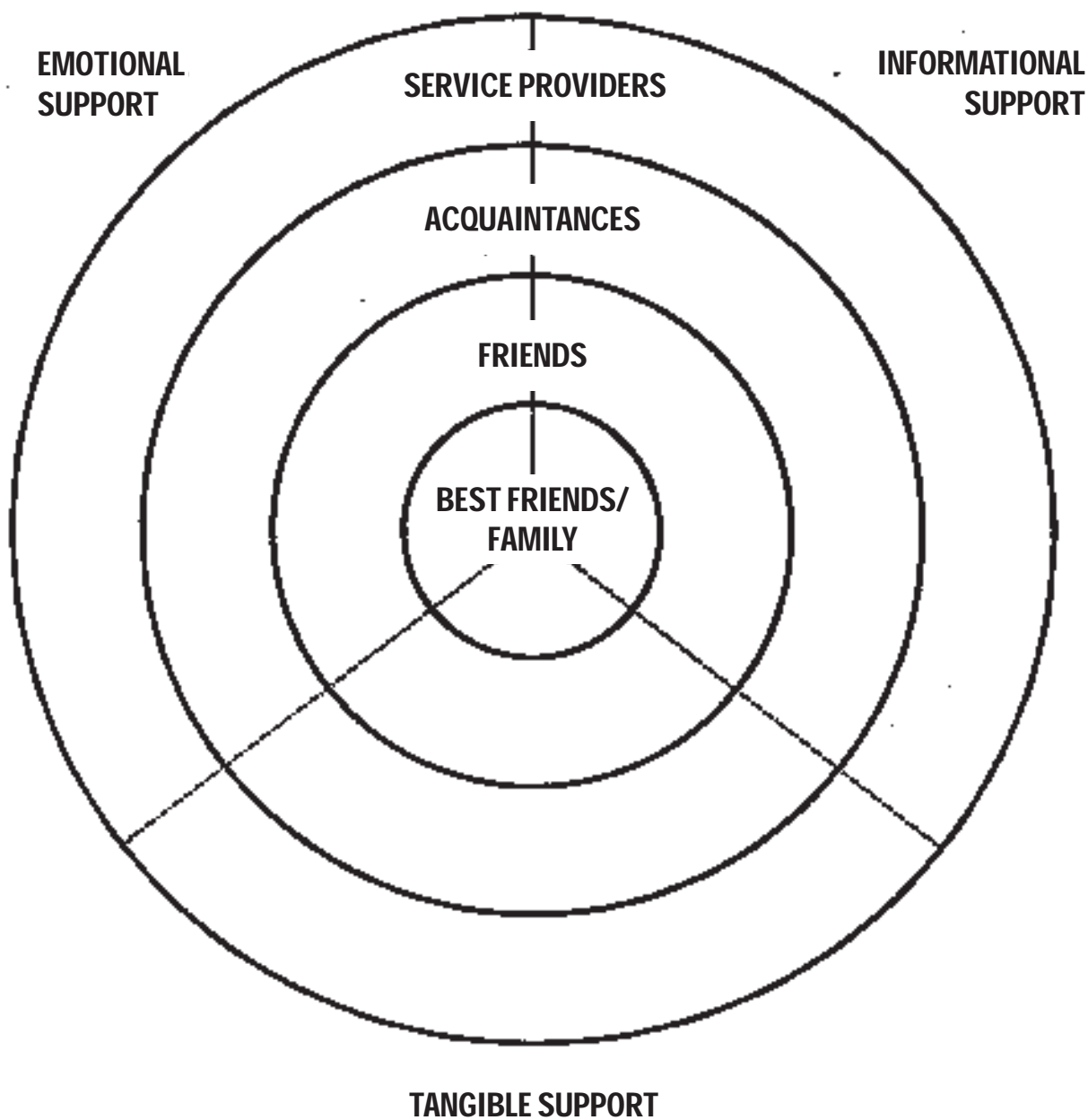
- Review significant events in Client's life over the last week, including Life Project
- Discuss goal set at last session including successes, accomplishments, and challenges
- Preview Session 3 content
- Identify how self-efficacy and/or social support impacts the Client's ability to adhere to a medical regimen. Suggested topic areas for discussion
 - Self-confidence
 - Self-esteem
 - Relationship(s)—i.e., significant others, family, best friends, close friends, friends, acquaintances (including health care providers)
 - Cultural influences on self-efficacy
 - Gender expectations for self-efficacy

Skill s-Building

25 MINUTES

- Discuss Client's perceptions of self-efficacy regarding adherence to his/her medical regimen. Topics may include:
 - Client's confidence in his/her ability to handle all adherence issues (i.e., treatment appointments, transportation, finances, prescription refills, dosage, medication special instructions, etc.)
 - Client's comfort discussing his/her concerns about general health with someone in his/her social support network.
 - With whom, and how comfortable (i.e., not comfortable, fairly comfortable, very comfortable)
 - Client's comfort discussing personal health concerns with someone in his/her social support network, when he/she is not feeling well
 - With whom, and how comfortable (i.e., not comfortable, fairly comfortable, very comfortable)
 - Client's comfort taking medications in front of someone else
 - With whom, and how comfortable (i.e., not comfortable, fairly comfortable, very comfortable)
- Review the three types of social support (**refer back to Social Support Worksheet from Module 1, Session 4**).
 1. Informational—information, advice, or suggestions
 2. Emotional—words and actions that make a person feel cared about, understood, and affirmed. May include empathy, caring, love, and trust
 3. Tangible—money, labor, assistance, etc
- Review negative vs. positive social support
- Review Client's identified Social Support Network (**refer back to worksheet from Module 1, Session 4**)
- Assist Client to identify members of his/her personal support network who would positively impact his/her adherence to a medical regimen (**refer to Social Support Worksheet, page 99 of this session**).

ACTIVITY: "SOCIAL SUPPORT WORKSHEET"



Positive Influences on Adherence

_____	_____	_____
_____	_____	_____
_____	_____	_____

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problem-solving

35 MINUTES

- Assist Client in problem-solving challenges to increased self-efficacy regarding adherence to a medical regimen
- Assist Client in problem-solving challenges to obtaining social support regarding adherence to a medical regimen. Problem solving steps include:
 1. Identify the challenge
 2. Determine the goal
 3. Brainstorm alternative solutions
 4. Evaluate those solutions
 5. Choose the most appropriate and best solution
 6. Develop an action plan
 7. Act

wrap-up

15 MINUTES

Fill out Goal Card, which Client takes with him/her, and copy goal onto Goal Recording Sheet in Client File.

Facilitator completes Session Notes in Client File. Complete Quality Assurance Check Sheet/ Notes (see page 102 of this session)

- Assist Client to set a goal related to increased self-efficacy or positive social support. A goal should be:
 - Realistic—can reasonably expect to be completed between sessions
 - Clear—Client understands exactly what steps must be taken to complete the goal
 - Not too easy and not too hard—goals should be challenging, but not impossible or too global
 - Have a clear end point—Client should know when a goal has been completed
- Review Life Project, celebrating any progress

QUALITY ASSURANCE CHECK SHEET / NOTES

Client _____ Facilitator _____

- Completed check-in with Client
- Identified Client's perceptions of self-efficacy for adhering to a medical regimen
- Reviewed three types of social support, negative vs. positive social support, and Client's identified social support network, using Social Support Worksheet from Module 1, Session 4
- Identified members of Client's personal social support network who could positively impact Client's adherence to a medical regimen
- Problem-solved challenges to increased self-efficacy related to adherence to a medical regimen
- Problem-solved challenges to obtaining social support for adherence to a medical regimen
- Set a goal related to increased self-efficacy or positive social support; recorded it on Goal Card for Client and on Goal Recording Sheet for File
- Reviewed Life Project/progress
- Completed Session Notes for File

Notes (include observations of Client's affect, engagement, and reaction to session elements)

OUTCOME AND SKILLS

Outcome: Client will develop a plan for maintaining adherence to a medical regimen

Skill 1: Client will identify personal strengths and organizational skills that enhance long-term adherence to a medical regimen

Skill 2: Client will problem-solve challenges to long-term medical regimen adherence

AGENDA / TIMELINE	MATERIALS / ACTIVITY
<p>Module 3A, Session 4.....90 minutes</p> <ul style="list-style-type: none"> • Check-In/Life Context15 minutes <ul style="list-style-type: none"> • Review past week’s life events • Discuss progress of goal and Life Project • Preview Session 4 content • Discuss session content as it relates to the Client’s life context • Skills-Building.....30 minutes <ul style="list-style-type: none"> • Client will identify personal strengths and organizational skills that enhance long-term adherence to a medical regimen • Discuss the challenges to developing and maintaining the identified organizational skills • Problem-Solving.....30 minutes <ul style="list-style-type: none"> • Client will problem-solve challenges to long-term medical regimen adherence • Wrap-Up15 minutes <ul style="list-style-type: none"> • Client sets goal related to enhancing organizational skills for increased adherence to a medical regimen • Review Client’s Life Project 	<ul style="list-style-type: none"> • Client File <ul style="list-style-type: none"> • Staying on Track worksheet • Goal Card • Goal Recording Sheet • Quality Assurance Check Sheet/Notes • Session Notes • Pens, pencils

check-in/life context **15 MINUTES**

- Review significant events in Client's life over the last week, including Life Project
- Discuss goal set at last session including successes, accomplishments, and challenges
- Preview Session 4 content
- Identify how planning ahead may influence the Client's long term adherence to a medical regimen. Suggested topic areas for discussion:
 - Time management
 - Current organizational skills
 - Accurate understanding of medical regimen
 - Knowledge of community resources
 - Support resources
 - Other

Skill s-Building

30 MINUTES

- Client will identify personal strengths and organizational skills that enhance long-term adherence to a medical regimen.
(See Staying On Track worksheet on page 107 of this session.)
- Assist Client to identify organizational steps, reminders, and tools for increased adherence to a medical regimen
Topics under the heading "Planning Ahead" may include:
 - Keep a personal health diary to plan for and keep track of diet, exercise, sleep, etc.
 - Plan a weekly menu for a more nutritious diet
 - Ask a doctor to make a list of all medications and doses
 - Keep a medication diary
 - Keep a weekly schedule which includes all appointments, medication doses, and other activities
 - Keep extra medication at work
 - Find information about complementary treatments
 - Ask friends, family, and others about available health services
 - Check phone book, library, or internet on local resources
 - Plan ahead to maintain routine for weekends and holidays
 - Others
- Topics under the heading "Helpful Reminders" may include:
 - Keep healthy food in the house at all times
 - Eat meals at the same time each day
 - Keep a consistent bedtime and wake-up time
 - Arrange transportation to appointments ahead of time
 - Keep extra workout clothes at the office
 - Use regular activities as reminders to take medication.
 - Look for activities that fit medication intervals (i.e., going to the bathroom in the morning, TV shows, walking the dog, etc.)
 - Take medication before reminder activity
 - Use meals as reminders
 - Take medication at bedtime or first thing after waking
 - Keep medication where it can be seen. (i.e., by bedside for morning doses)
 - Others

- Topics under the heading "More Help" may include:
 - Do health routine activities with a friend
 - Develop a support network: people who maintain a health routine or can remind when medication should be taken
 - Ask a friend or family member to go with you to investigate a new health care option
 - Use a pill box to organize medications
 - Set up pill box at the same time each week
 - Set a timer for next dose during the day, and an alarm clock for doses during the night
 - Wear a watch/consider getting a watch with an alarm
 - Have a friend call or page at dose time
 - Subscribe to health-related magazines
 - Others

- Discuss the challenges to developing and maintaining the identified organizational skills

ACTIVITY: "STAYING ON TRACK"

PLANNING AHEAD

HELPFUL REMINDERS

MORE HELP

problem-solving

30 MINUTES

- Assist Client to problem-solve challenges to long-term medical regimen adherence. Problem-solving steps include:
 1. Identify the challenge
 2. Determine the goal
 3. Brainstorm alternative solutions
 4. Evaluate those solutions
 5. Choose the most appropriate and best solution
 6. Develop an action plan
 7. Act

wrap-up

15 MINUTES

Fill out Goal Card, which Client takes with him/her, and copy goal onto Goal Recording Sheet in Client File.

Facilitator completes Session Notes in Client File. Complete Quality Assurance Check Sheet/ Notes (see page 110 of this session)

- Client sets goal related to enhancing organizational skills for increased adherence to a medical regimen. A goal should be:
 - Realistic—can reasonably expect to be completed between sessions
 - Clear—Client understands exactly what steps must be taken to complete the goal
 - Not too easy and not too hard—goals should be challenging, but not impossible or too global
 - Have a clear end point—Client should know when a goal has been completed
- Review Life Project, celebrating any progress

QUALITY ASSURANCE CHECK SHEET / NOTES

Client _____ Facilitator _____

- Completed check-in with Client
- Identified Client's personal strengths and organizational skills which enhance long-term adherence to a medical regimen, using Staying on Track worksheet
- Discussed challenges to further development and maintenance of the identified organizational skills
- Problem-solved challenges to long-term medical regimen adherence
- Set a goal related to enhancing organizational skills for increased adherence to a medical regimen; recorded it on Goal Card for Client and on Goal Recording Sheet for File
- Reviewed Life Project/progress
- Completed Session Notes for File

Notes (include observations of Client's affect, engagement, and reaction to session elements)

OUTCOME AND SKILLS

Outcome: Client will identify at least one area of his/her life that was enhanced while participating in each of the modules

Skill 1: Client will identify and problem-solve challenges to maintaining behavioral and attitudinal changes

AGENDA / TIMELINE	MATERIALS / ACTIVITY
<p>Module 3A, Session 5.....90 minutes</p> <ul style="list-style-type: none"> • Check-In/Life Context25 minutes <ul style="list-style-type: none"> • Review past week’s life events • Discuss progress of goal and Life Project. • Preview Session 5 content • Discuss session content as it relates to the Client’s life context • Skills-Building.....25 minutes <ul style="list-style-type: none"> • Discuss the differences between self-defeating thoughts and self-enhancing thoughts • Discuss Client’s successes and challenges with goals set in all previous sessions • Problem-Solving.....10 minutes <ul style="list-style-type: none"> • Assist Client to identify one challenge that continues to impede progress to successful accomplishment of a goal • Wrap-Up30 minutes <ul style="list-style-type: none"> • Client sets goal related to maintaining coping skills, safer behaviors, and adherence to medical regimen • Review Client’s Life Project • Prepare Client for end of interactive part of program, and future assessments 	<ul style="list-style-type: none"> • Client File <ul style="list-style-type: none"> • My Personal Health Plan worksheet (Module 3, Session 1, pages 84–85) • Social Support worksheets (Module 1, Session 4, page 29 and Module 3, Session 3, page 99) • Three Components of Assertive Communication worksheet (Module 2, Session 3, page 62) • Staying on Track worksheet (Module 3, Session 4, page 107) • Goal Card • Goal Recording Sheet • Quality Assurance Check Sheet/Notes • Session Notes • Pens, pencils

check-in/life context **25 MINUTES**

- Review significant events in Client's life over the last week, including Life Project
- Discuss goal set at last session including successes, accomplishments, and challenges
- Preview Session 5 content
- Identify how successes experienced in each module have influenced the Client's life. Suggested topic areas for discussion:
 - Life Project
 - Personal stressors
 - Coping strategies
 - Social support (Social Support worksheets—Module 1, Session 4, page 29 and Module 3, Session 3, page 99)
 - Safer behavior
 - Condom skills
 - Assertive communication/negotiation (Three Components of Assertive Communication worksheet—Module 2, Session 3, page 62)
 - Disclosure
 - Personal health plan (My Personal Health Plan worksheet—Module 3, Session 1, pages 84–85)
 - Improving communication for adherence
 - Self-efficacy and social support for adherence (Staying on Track worksheet—Module 3, Session 4, page 107)
 - Organizational skills for adherence

Skill s-Building

25 MINUTES

- Discuss the differences between self-defeating thoughts and self-enhancing thoughts. Topics include:
 - **Self-defeating thoughts**
 1. Polarized thinking: Things are black or white, good or bad, no middle ground, perfect or failure
 2. Mind reading: Without their saying so, you know what people are feeling and why they act the way they do. In particular you are able to divine how people are feeling toward you
 3. Catastrophizing: You expect disaster. You notice or hear about a problem and start "what ifs:" "What if tragedy strikes?" "What if it happens to me?"
 4. Blaming: You hold other people responsible for your pain, or take the other tack and blame yourself for every problem or reversal
 5. Shoulds: You have a list of ironclad rules about how you and other people should act. People who break the rules anger you and you feel guilty if you violate the rules
 - **Self-enhancing thoughts**
 1. Situation-oriented: Help reduce the potential level of threat or severity of the anticipated situation (i.e., "It won't be too bad" or "It can be a challenge")
 2. Task-oriented: Plans, steps, or behaviors a person will need to demonstrate during the stressful situation. (i.e., "Concentrate on what I want to say or do." "Think about the task." "What do I want to accomplish?")
 3. Coping-with-being-overwhelmed: Help one stay calm and relaxed during tense moments (i.e., "Keep cool." "Relax, take a deep breath." "Stay calm.").
 4. Positive self-statements: Used to encourage ourselves or reinforce our coping efforts (i.e., "Great, I did it." "I got through that all right.")
- Using Goal Setting Record, discuss Client's successes and challenges with goals set in all previous sessions
 - Client should identify a self-enhancing thought for each goal (both those successfully completed, and those that posed challenges)

problem-solving

10 MINUTES

- Assist Client to identify one challenge that continues to impede progress to successful accomplishment of a goal. Problem-solving steps include:
 1. Identify the challenge
 2. Determine the goal
 3. Brainstorm alternative solutions
 4. Evaluate those solutions
 5. Choose the most appropriate and best solution
 6. Develop an action plan
 7. Act

wrap-up

30 MINUTES

Fill out Goal Card, which Client takes with him/her, and copy goal onto Goal Recording Sheet in Client file.

Facilitator completes Session Notes in Client file. Complete Quality Assurance Check Sheet/ Notes (see page 116 of this session)

- Client sets goal related to maintaining coping skills, safer behaviors, and adherence to medical regimen. A goal should be:
 - Realistic—can reasonably expect to be completed between sessions
 - Clear—Client understands exactly what steps must be taken to complete the goal
 - Not too easy and not too hard—goals should be challenging, but not impossible or too global
 - Have a clear end point—Client should know when a goal has been completed
- Review Life Project, celebrating any progress and discuss further plans for carrying out the Life Project
- Prepare Client for end of interactive part of program
- Remind Client about future assessments
- Discuss referrals if appropriate
- Provide resource materials as needed

QUALITY ASSURANCE CHECK SHEET / NOTES

Client _____ Facilitator _____

- Completed check-in with Client
- Discussed differences between self-defeating and self-enhancing thoughts
- Discussed Client's successes and challenges related to goals set in all previous sessions
- Identified one challenge that continues to impede progress to successful accomplishment of a goal
- Set a goal related to maintaining coping skills, safer behaviors, and adherence to a medical regimen; recorded it on Goal Card for Client and on Goal Recording Sheet for file
- Reviewed Life Project/progress
- Prepared Client for end of interactive part of program and future assessments
- Completed Session Notes for File

Notes (include observations of Client's affect, engagement, and reaction to session elements)
