CHRONIC DISEASE MANAGEMENT

Chronic Disease Management prepares health professionals to use motivational interviewing (MI) techniques to guide patients toward healthy changes and to build cultural competency in support of transgender individuals and the specific health challenges faced by the transgender community.

CONTENTS & LEARNING GOALS

- Apply motivational interviewing techniques in practice conversations to help patients identify their motivation to make healthy behavior changes.

  - Use open-ended questions to ask about patients' agendas, needs, preferences, understanding, motivations, barriers, and options for goals.

  - Affirm patients' past attempts at change, and collaborate with patients to set goals.

  - Use complex reflections to focus patients on change talk.

  - Use summaries to reflect more change talk and check patients' understanding of information provided.

- Apply Gender-Affirming Care techniques (gender-neutral language, transitional phrasing, and apologies) in a simulated practice conversation.

- Recognize value of MI techniques (OEQs, Affirmations, and Reflections) as tools for exploring how a patient's social circumstances and cultural background impact their relationship to their health, associated risks, and ability to manage their conditions.

- Recognize and identify the distress signals of depression.

Chronic Disease Management

Simulation Duration: **120 - 150 min**

CASES

NAME	AGE	PRONOUNS	
Lisa Crane	45	she, her, hers	Conversation Time: **30 min**

SCENARIO
Lisa has Type 2 diabetes and often forgets to take her oral medication. She is having difficulty incorporating healthy lifestyle changes to control her diabetes.

GOALS
Talk with Lisa about her experience with diabetes management. Help her commit to healthy changes with a focus on medication adherence.

NAME	AGE	PRONOUNS	
Janet Lopez	56	she, her, hers	Conversation Time: **30 min**

SCENARIO
Janet is a long-term heavy smoker who was diagnosed with coronary heart disease six months ago and experiences episodes of chest pain.

GOALS
Explore Janet's attitudes about her health to identify areas to focus her efforts, share information about managing stress without smoking, and discuss counseling and medication options.

NAME	AGE	PRONOUNS	
Kevin Robinson	52	he, him, his	Conversation Time: **30 min**

SCENARIO
Kevin has Type 2 diabetes, high blood pressure, and obesity. He is having difficulty losing weight and controlling his diabetes.

GOALS
Talk with Kevin about increasing his physical activity and participating in a weight management program. Help him find a management plan that takes into account his personal challenges.

CHRONIC DISEASE MANAGEMENT cont.

Chronic Disease Management prepares health professionals to use motivational interviewing (MI) techniques to guide patients toward healthy changes and to build cultural competency in support of transgender individuals and the specific health challenges faced by the transgender community.

Chronic Disease Management

Simulation Duration: **120 - 150 min**

CONTENTS & LEARNING GOALS

- Apply motivational interviewing techniques in practice conversations to help patients identify their motivation to make healthy behavior changes.

  - Use open-ended questions to ask about patients' agendas, needs, preferences, understanding, motivations, barriers, and options for goals.

  - Affirm patients' past attempts at change, and collaborate with patients to set goals.

  - Use complex reflections to focus patients on change talk.

  - Use summaries to reflect more change talk and check patients' understanding of information provided.

- Apply Gender-Affirming Care techniques (gender-neutral language, transitional phrasing, and apologies) in a simulated practice conversation.

- Recognize value of MI techniques (OEQs, Affirmations, and Reflections) as tools for exploring how a patient's social circumstances and cultural background impact their relationship to their health, associated risks, and ability to manage their conditions.

- Recognize and identify the distress signals of depression.

CASES cont.

NAME Gregory Mitchell	AGE 67	PRONOUNS he, him, his	Conversation Time: **30 min**

SCENARIO
Gregory has cardiovascular disease and has come in for a 3-week follow-up after suffering a myocardial infarction for which he received an angioplasty.

GOALS
Listen to Gregory's perspective on his cardiovascular health to understand his concerns and motivate him to resume his cardiac rehabilitation program.

NAME Nicky Hill	AGE 52	PRONOUNS she, her, hers	Conversation Time: **30 min**

SCENARIO
Nicky is a 52 year old transgender woman who distrusts healthcare providers because of previous negative experiences seeking care. Nicky is a smoker and has hypertension, but changes in her personal life are preventing her from quitting smoking.

GOALS
Gain Nicky's trust, listen to her concerns about finding a supportive healthcare and community network. Discuss smoking cessation and assess barriers to treatment adherence including possible mental health issues.

CONTACT US AT CLINICAL.TRAINING@KOGNITO.COM OR 212.675.9234