PATIENT-CENTERED PREVENTION CONVERSATIONS

Frame prevention as protection, **not** restriction
Be specific: name the **exact** behavior, not a general habit
Start with **one** achievable change
Connect the recommendation to a goal that **matters** to the patient
Focus on building skill as well as **confidence** to reliably perform that skill

Revisit prevention:

- During every routine hygiene visit
- When patient has not followed through on previous recommendations
- After a change or addition to patient support system: caregivers need to be on board with a prevention plan



A goal a patient can imagine themselves doing is a goal they are likely to reach!