

## SOLVE & INVOLVE

**PURPOSE:** Use this sheet to help the patient develop a Medication Plan (a strategy to address the adherence barrier) and a plan to follow up.

1. **Summarize** specific target behavior/goal:
  - a. “So, just to be sure I understand, it sounds like controlling your blood pressure is important to you, for \_\_\_\_\_ (reasons). Due to \_\_\_\_\_ (barriers), it’s been hard taking your medications every day as prescribed.”
2. Help the patient make a S.M.A.R.T. plan (Specific, Measurable, Achievable, Relevant and Timed)
  - a. “**What** is something that you’d like to do to help you remember to take your medications in the next week or two?”
    - Include medications/regimen/resources in the plan.
  - b. “That sounds like an important goal. Many people find it useful to have a specific plan.”
  - c. “**When** do you see yourself doing this? (How do you see this fitting into your schedule?)”
  - d. “**When** would be a realistic start date?”
  - e. “**Who** might you see helping and supporting you with this?”
3. Elicit a commitment statement:
  - a. “Just to make sure we both understand the details of your plan, would you mind sharing it in your own words?”
4. “I wonder how sure you’re feeling about this. **How confident are you** about completing your plan?”
5. Identify potential barriers to the plan:
  - a. “What things do you think could get in the way of your plan?”
  - b. “What could you do to prepare for these problems?”
6. Restate summary of plan, including start date.
7. Establish Follow-Up:
  - a. “Would it be helpful to set up a time to check in and see how things are going with your plan?”
    - Make the follow-up plan specific as to day, time and method.
8. Fill out the “My Medication Plan” sheet with the patient, using the reverse side to decide together what resources may be helpful.

(Adapted from CCMI Brief Action Planning: A White Paper<sup>9</sup>)