

National RN Case Manager Certificate Program

Reading Guide: Health Behavior Change

1. Assisting Patients with Health Behavior Change (National RN)
Quick Summary. Provides overview of RNCM role in health behavior change.
2. Stages of Change: Transtheoretical Model (Prochaska & DiClemente)
Practice Guide. Outlines stages of change, characteristics, and techniques for supporting change.
3. Practice Guideline - 5 As Process Model of Patient Centered Care & Self-Management Support (Institute Clinical Systems Improvement)
Practice Guideline. RNCM guidance for applying the 5 As framework with patients.
4. 5 As/Modified 5 As Framework (National RN)
Quick Reference. Overview of 5 As framework with a practice application example.
5. Motivational Interviewing: A Communication Best Practice (Am Nurse Today, 2019)
Important Read. Provides an overview of MI as it relates to health behavior change and improved healthcare literacy.
6. Chronic Disease Self-Management Program (CDC/Stanford Univ)
Program Description. Provides an outline of the program including links.
7. Shared Decision Making: Guide for Clinicians in Practice (VA)
Clinical Practice Guide. Provides an algorithm applying behavior change processes and strategies.
8. Brief Action Planning to Facilitate Health Behavior Change (J Science Communication, 2014)
Classic Article. Outlines Brief Action Planning including application example.
9. Goals to Care (NCQA)
Goal Setting Guide with an emphasis on Person Centered Care.
10. SMART Goals Guide with examples (National RN)