

SCCH HEALTH PSYCHOLOGY CONSULTING

Health Professionals: Newly Diagnosed Chronic Conditions



AWAY DAY, EVENT FACILITATION AND CONTINUING PROFESSIONAL DEVELOPMENT SERVICES

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FIRST STEPS TO BEHAVIOUR CHANGE

- This information sheet will provide you with framework for conceptualizing psychological aspects of a new chronic condition diagnosis
- Clinicians hints and tips
- Model of Psychological adjustment

ADJUSTMENT TO DIAGNOSIS

Some of your clients/ patients are able to make significant changes just by giving them the right information and advice.

So what's wrong with the people who don't make the changes or who can't maintain them?

CLINICIANS HINTS AND TIPS

- Trainees and new clinicians:

You have specific challenges (lack of experience, pressure of getting used to the job) and opportunities (you have the latest training and information; you don't yet have a fixed way of working).

With limited time to speak with your patient/ client it is essential that you identify key standard questions to engage and start a positive relationship.

Try to always remember the impact that a diagnosis of a chronic health condition, which can require lots of lifestyle changes, can have.

Find out more by asking questions about diagnosis and what this means to your client/patient.

Most health behaviours e.g. smoking, exercise, start off serving a function for the person, such as fitting in with others or setting themselves apart.

By the time people receive a chronic disease diagnosis these same health behaviours have been part of their life often for many years or decades. Change comes from tapping into personal motivation.

- All Clinicians:

Leventhal's model of self-regulation (overleaf) can help you to consider what your client/ patient may be going through and how you can use this information to support them to make changes.

