



WISEWOMAN Lifestyle Counseling Contact Form

Date 2/3/2010

Agency Name DHD #10		MBCIS ID 241090	
Last Name Fitzgerald	First Name Ella	Middle Initial	Birth Date 6/20/1958

Type: Face to Face Telephone Call Setting: Individual Group

Introduction:

Open the conversation. Suggest time frame for conversation

Content: (Ask open-ended questions, use reflective listening, roll with resistance, express empathy)

Ask about progress made or willingness to make change (Listen and reflect)

Ella says she is doing pretty well. She is eating one more piece of fruit about 5 or 6 days a week.

Ask about barriers (Listen and reflect. Develop discrepancy)

The main problem is being able to afford it. The convenience store charges more than the grocery store, but she can't get to the grocery store very often.

Ask about support systems (Listen and reflect)

Her daughter takes her to the grocery store every other week.

Work with client to identify solutions (Listen and ask permission to make suggestions)

Ella is going to start buying more frozen fruit when her daughter takes her to the grocery store. The frozen fruit is cheaper, and it will last longer.

Other Possible Topics to Cover:

Diagnostic exam, medications, referrals to free/low cost community resources, educational materials, goal changes

Notes

I told Ella we will make sure she gets the Market Fresh coupons when they are available in late May.

Counseling provided about: (Check at LEAST one box.)

Nutrition Physical Activity Smoking Cessation

During this contact, participant linked to community-based resources related to:

(Check all that apply)

Nutrition Physical Activity Smoking Cessation Quitline

Length of Contact: 15 minutes 30 minutes 45 minutes 60 minutes

Next Appointment Wed February 17 Face to Face Telephone

Lifestyle Counselor Heather Miller