



46TH ANNUAL EDUCATIONAL CONFERENCE



COLLABORATE. EDUCATE. ADVOCATE.

Helping Patients Reset After an Unsuccessful Lifestyle Behavior Change Attempt



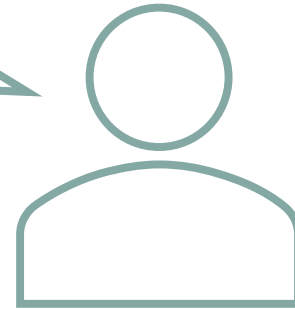
Implementing and sustaining positive lifestyle change is not easy but it is possible



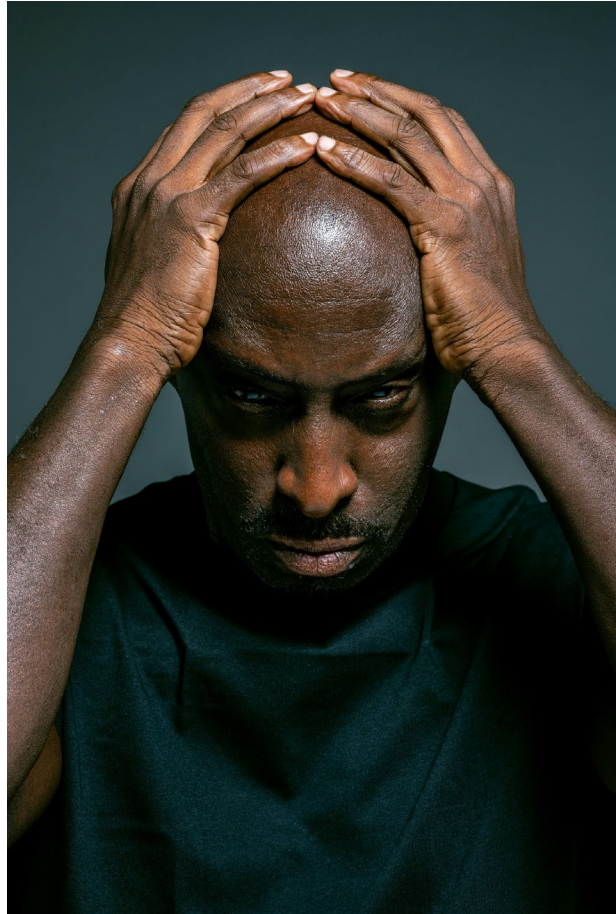
For most of us, just like learning any new skill,
Change is a growth **process** and it takes **practice**

These 3 health behaviors attributed to almost 75% of the variability in life expectancy

1. Non-nutritious intake or over-consumption of food
2. Physical inactivity
3. Cigarette smoking



Tim's Story



Three keys to help patients reset



1. Express genuine empathy and compassion



2. Apply a rapid cycle improvement process

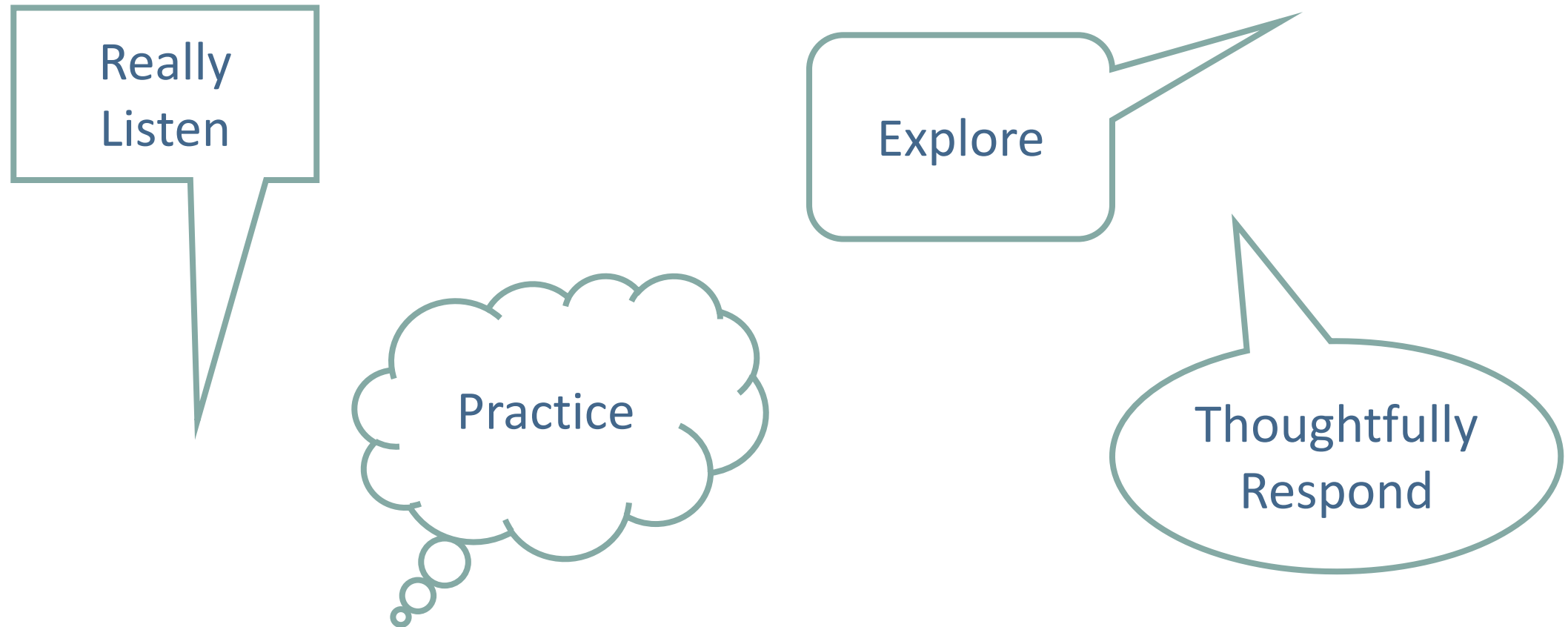


3. Promote strategies to prevent burnout

1. Express genuine empathy and demonstrate compassion



How to express genuine empathy



How to demonstrate compassion



Build strong patient relationships. Understand patient needs. Then, address those needs in a way that **alleviates** suffering and **enhances** their quality of life

How to find the right thing to say

Stay open¹

- ❖ For many of us, our brains automatically jump ahead when we see a familiar scenario and we respond based on our assumptions²

Take a moment

- ❖ Reflect on what will be most helpful

What to do when you get off track

Give yourself grace

Keep practicing

- ❖ Take time to reflect
- ❖ Consult a colleague or mentor
- ❖ Refine your approach

2. Apply a rapid-cycle process improvement process

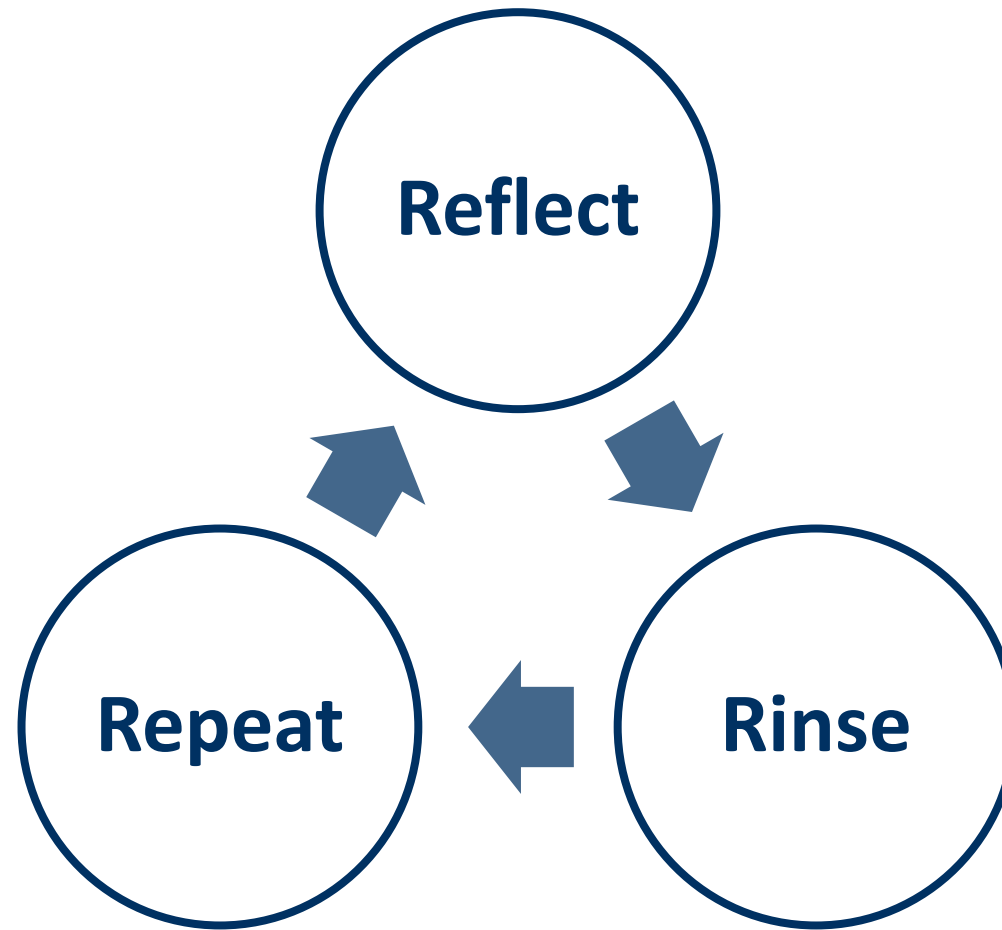


An unsuccessful change attempt is not a failure



The leaders of one of my former organizations used to say: It is ok to fail... just fail **fast** and fail **forward**

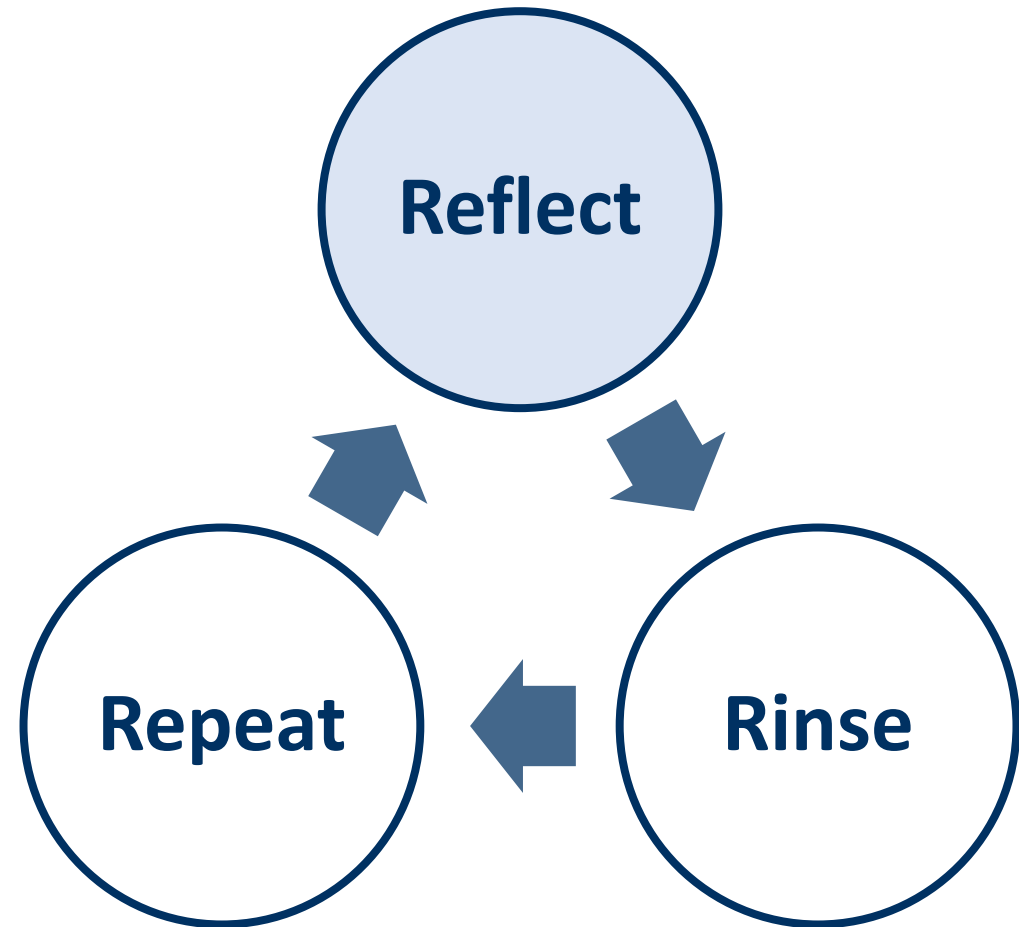
The 3 R Reset Cycle



Step 1 in the 3 R Reset Cycle - Reflect

The patient answers these core questions:

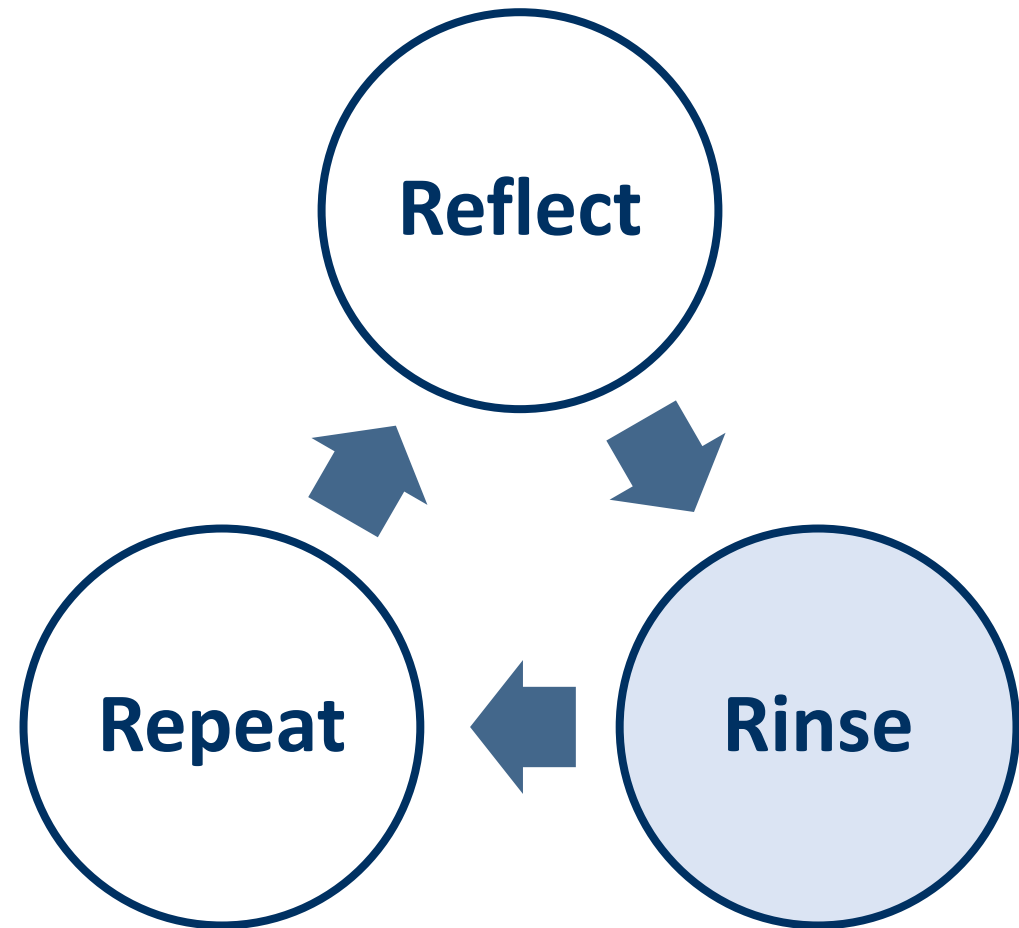
- What worked?
- What didn't? Why not?
- What (if anything) can I adjust?



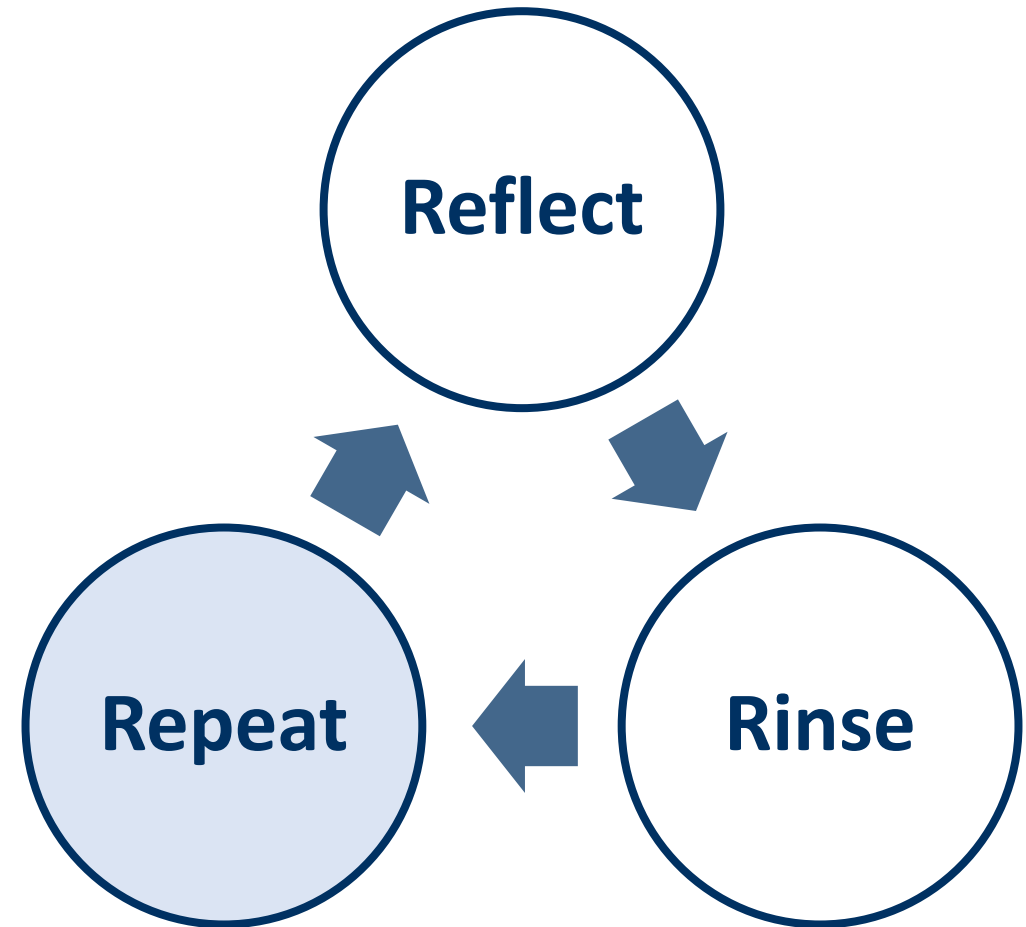
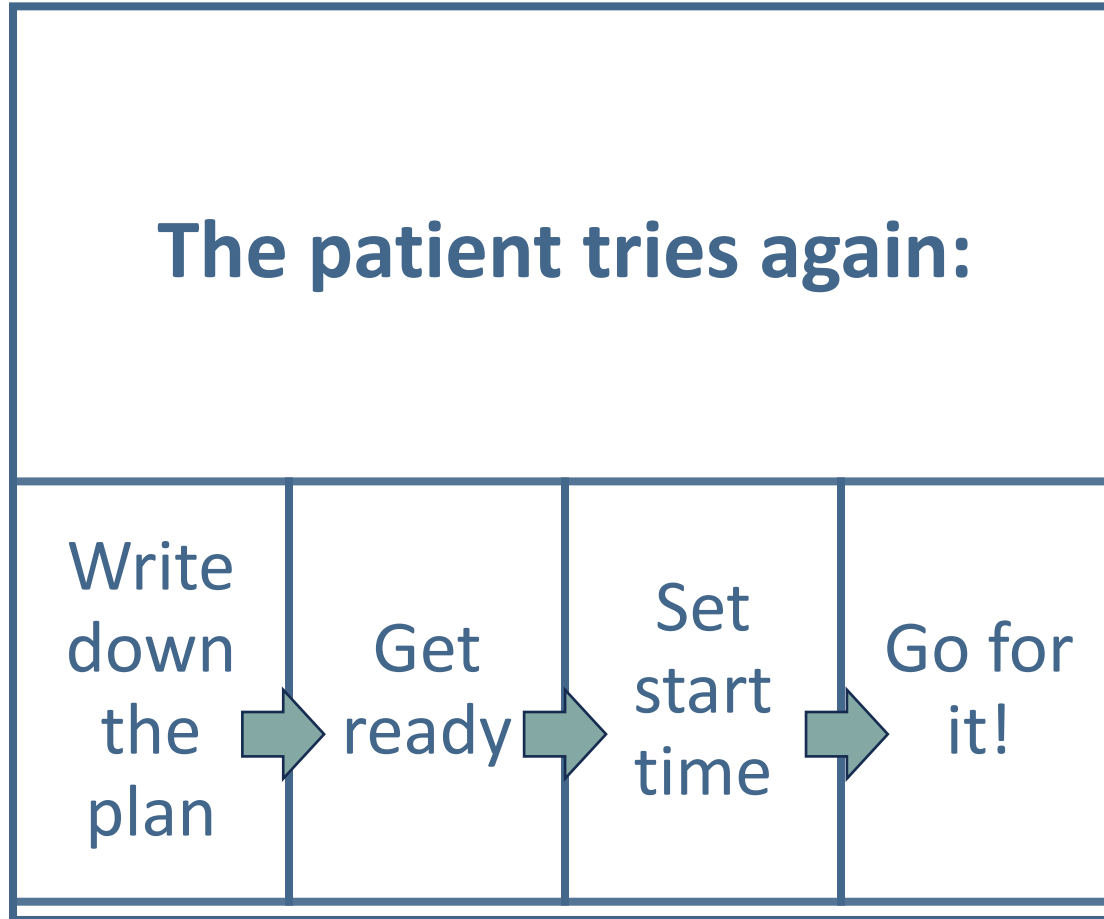
Step 2 in the 3 R Reset Cycle - Rinse

The patient gets a mental and emotional cleanse:

- Find a cheerleader
- Get emotional support
- Reframe thinking
- Take a break, if needed



Step 3 in the 3 R Reset Cycle - Repeat



3. Promote strategies to prevent burnout



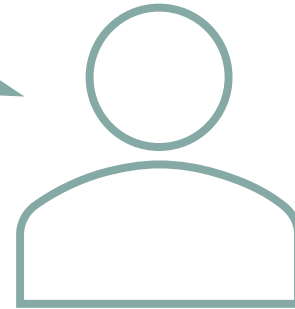
Resilience is kryptonite for burn out



Identify 1 or 2 restorative behaviors

- Encourage patients to explore and utilize strategies that work for them as an individual¹

There may be helpful behaviors that patients perform **subconsciously** that would have an even greater positive impact if done with **intentionality**



Ways to build resilience and prevent burnout





1. Build Meaningful **Connections**

2. Manage **Perspective**





3. Prioritize **Self-Care**

4. Take **Action**

1. Build meaningful connections

-  Talk about feelings and ask for support^{1,2,3,4}
-  Share challenges with healthcare team²
-  Seek professional mental health care^{1,2,3,4}
-  Choose personal means of connecting³

2. Manage Perspective

-  Regulate internal dialog¹
-  Practice affirming self-talk, gratitude and mindfulness^{2,3}
-  Utilize self-reflection and practice visualization⁴
-  Learn from mistakes⁴

3. Prioritize self-care

- Healthy eating, physical activity, good sleep hygiene, avoiding substance abuse^{1,2,3}
- Set boundaries^{2,4}
- Take “me time” and have fun^{2,4}
- Limit news and media²

4. Take action



By equipping our patients with tools and support:



We can help them **break** the cycle of unsuccessful change attempts



Empower them to successfully integrate healthy lifestyle behaviors

References

- American Psychological Association (APA). (February 1, 2020). Building your resilience. <https://www.apa.org/topics/resilience/building-your-resilience>
- Casper, T. (October 8, 2021). 5 Tips to keep burnout at bay. Mayo Clinic Health System: Speaking of Health. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-keep-burnout-at-bay>
- Diabetes UK. (n.d.). What is diabetes distress and burnout? <https://www.diabetes.org.uk/guide-to-diabetes/emotions/diabetes-burnout>
- Dzidos, V. (2023, February 20). Sympathy and empathy: Understanding what is best for our patients. *Nursing Center*. <https://www.nursingcenter.com/ncblog/february-2023/sympathy-versus-empathy>
- Horton, S. & Wilson, D. R. (February 22, 2024). Cultural humility: Don't put patients into "boxes". *Tennessee Nurse*. <https://www.healthcareers.com/nurse-resources/tennessee-nurse-february-2024/cultural-humility-dont-put-patients-into-boxes>
- Lytle, L. A. (2022). Introduction. In *Designing Interventions to Promote Community Health: A Multilevel, Stepwise Approach* (pp. 3–8). American Psychological Association. <http://www.jstor.org/stable/j.ctv2drhcr0.4>
- Newton, R. (2019). *Authentic gravitas: Who stands out and why*. Penguin Publishing Group.
- Sherman, L. (July 22, 2022). 8 tips for avoiding burnout and functioning at your best. *Healthline*. <https://www.healthline.com/health/8-tips-for-avoiding-burnout-and-functioning-at-your-best>
- Sinclair, S., Beamer, K., Hack, T.F., McClement, S., Bouchal, S. R., Chochinov, H. M., & Hagen, N. A. (2017). Sympathy, empathy, and compassion: A grounded theory study of palliative care patients' understandings, experiences, and preferences. *Palliative Medicine*. 31(5), 437-447. <https://doi.org/10.1177/02692163166663>
- Srinivasan, R. (2023). Managing burnout with lifestyle medicine principles. *Journal of Pediatric Rehabilitation Medicine*. 16(3), 465-467. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10578251/>

How to reach me:



RaShaye Freeman, DNP, MBA, FNP-BC, ADM-BC, CDCES

Email: **alifeinfulleffect@gmail.com**

Phone: **615-212-8490**