

Transtheoretical Model for Change

	Characteristics & Goal	Interventions to Focus on During Telephone Call
Pre-contemplation	<p>This patient states he/she does not intend to participate in the phase II program despite CVD event.</p> <p>Goal: Make inactivity a relevant issue and to start thinking about being active.</p>	<p>Provide information about individual CVD risk of being inactive and the benefits of phase II CR</p> <p>Make inactivity a relevant issue by discussing CVD risk of sedentary lifestyle and how it relates to their diagnosis.</p>
Contemplation	<p>This patient is giving serious consideration to attending phase II</p> <p>Goal: To get involved with some type of activity.</p>	<p>Provide enough time for questions and to express apprehensions with exercise</p> <p>Emphasize benefits of phase II program</p> <p>Provide cues for actions; different types of activity/exercise and provide dates for lectures.</p>
Preparation	<p>This patient has committed to attending phase II</p> <p>Goal: Regular physical activity participation.</p>	<p>Provide support, positive reinforcement, and motivation.</p> <p>Provide patients the opportunity to express their concerns and triumphs</p> <p>Discuss different types of exercise and equipment they have been on in the gym and discuss what they enjoy the most.</p> <p>Discussions should focus on immediate progress and short-term goals (such as activity level, endurance, weight loss and reduction of symptoms).</p>