

# Review Questions: Using the HCA Approach



## Questions to reflect on to aid your learning of the HCA approach

### 1. The HCA Generic Behavior Change Pathway

- a. Explain how the concept of the generic behavior change pathway can assist clinicians to work more effectively with their patients or clients?
- b. Explain the concept of the HCA decision line.
- c. What is the difference in your focus as a clinician when dealing with patients or clients above the decision line versus below the decision line?

### 2. BEST Barriers and Facilitators

- a. State what the letters in BEST stand for and list the types of barriers and facilitators that are included in each category.
- b. Write in your own words how you might explain to a patient or client how everyday thinking patterns can be a potential barrier to action and how to change their thinking so that they are more likely to carry out the actions that they have planned.

### 3. The HCA Practice Principles

- a. Describe each of the HCA practice principles and state how each principle relates to patient-centered care.

### 4. The HCA Essential Techniques

- a. Describe when and why you would use each of the HCA essential techniques.

### 5. Explain Your Role

- a. Write in your own words how you might explain your role to a patient or client when using the HCA approach (i.e. what they can expect from your consultation that could be different from another person in your role or profession and how it might benefit them).

### 6. The HCA 10 Step Decision Framework

- a. What is the purpose of the HCA 10 step decision framework?
- b. Why are each of the 10 steps included in the framework? Hint: think about the potential barriers for clinicians or clients that can occur at each step?

### 7. Decisional Balance

- a. When and why would you provide decisional balance assistance to a patient or client?
- b. What makes decisional balance potentially a 'double-edged sword' to use with patients or clients?

### 8. Lifestyle and Treatment Categories, Personal Goals and Actions

- a. What are the differences between clinical targets, lifestyle and treatment categories and personal goals?
- b. What are the differences between a patient care plan, an HCA Personal Self-management Plan and an HCA personal goal and action plan?

### 9. Invite the Client to Write

- a. Write in your own words how you might invite a patient or client to write things down.