5A’s-Assess, Advise, Agree, Assist, Arrange


Assess
Risk Factors, Behaviors, Symptoms, Attitudes, Preferences

Advise
Specific, personalized, options for tx, how sx can be decreased, functioning, quality of life/health improved

Arrange
Specify plans for follow-up (visits, phone calls, mail reminders)

Personal Action Plan
1. List goals in behavioral terms
2. List strategies to change health behaviors
3. Specify follow-up plan
4. Share plan with practice team

Assist
Provide information, teach skills, problem solve barriers to reach goals

Agree
Collaboratively select goals based on patient interest and motivation to change