

IDA CHANGE GUIDE

WHAT HELPS AND HINDERS CHANGE? 1/3

PERSONAL CHANGE SESSION 2

AIM

The second session aims to identify the factors that can help or hinder you from integrating the Ida tools into your clinic, and to select focus points that will help you create the change needed.

Please note that you must have worked with an Ida tool (for example the Line) with at least two patients before starting Session 2, as session activities are based on your experience using the tool.

DURATION:

Session: 1 hour

PREPARATION

- Use one Ida tool with at least two patients. If you are new to the Ida tools, we recommend that you start with the Line. You can download the Line and learn how to use it [here](#).

Exercise 1: Using the Ida tool

- Go over the mind map you created in Session 1 to remind yourself about your understanding of patient-centered care.
- Reflect on your experience using the Ida tool. Write down what it was like to use it with patients.

What was it like using the Ida tool with patients?

Outcome:

- Reflecting on your experiences with the Ida tool and patient-centered care increases your personal motivation for the process.

IDA CHANGE GUIDE

WHAT HELPS AND HINDERS CHANGE?

2/3

Exercise 2: What helps and hinders implementation of the Ida tools?

Think about which factors helped or hindered you from successfully using the Ida tool in the clinic. Write them in the boxes below.

Factors that helped me to implement the Ida tool successfully:	Factors that hindered me from implementing the Ida tool successfully:

Go over the list of hindrances and think about which initiatives, skills and resources helped, or could help you overcome the hindrances listed. Add these initiatives, skills and resources to the list of helps.

Outcome:

- An overview of factors that help and hinder your implementation of the Ida tools, as well as ideas for how to overcome the hindrances.
- Reflection about which factors must be present in your clinical environment in order for you to successfully implement the Ida tools.

IDA CHANGE GUIDE

WHAT HELPS AND HINDERS CHANGE? 3/3

Exercise 3: Focus points for change

- Look at the list of helps again and think about which ones you believe will be the most important for you to focus on in order for you to successfully implement the Ida tools.
- Select 5-8 of the listed helps and write them down in the box below.

The 5-8 helps I think are the most important to work with in order to implement the Ida tools:

1.

2.

3.

4.

5.

6.

7.

8.

Outcome:

- A list of 5-8 focus points that will help you create the change needed to integrate the Ida tools into your daily practice.